

Ten Questions to Diagnose your Spiritual Health¹

The following list will make a great homework assignment for discipleship and growth. Encourage the person you are mentoring to carefully work through these questions. They may desire to get a friend to assist. The results will give you a place to begin your mentoring.

1. Do you thirst for God? Describe briefly what your thirst for God looks like.
2. Does God's Word govern you increasingly? Write out a time, recently, when God convicted you from the Word and how you responded to it.
3. Are you more loving? Interview your spouse (if applicable—or a close friend) regarding your increasing love for them. What is their response?
4. Are you more sensitive to God's presence? What does this question mean to you? How is it applied to your life?
5. Do you have a growing concern for the spiritual and temporal needs of others? Practically speaking, how is your concern worked out toward those in your world? Be specific. What have you done?
6. Do you delight in the Bride of Christ? Describe your passion for the church.
7. Are the spiritual disciplines increasingly important to you? Describe your devotional life as it pertains to the Bible, prayer, confession, prayer, meditation, reflection, accountability, and ministry.
8. Do you still grieve over sin? Describe a recent time of confession and God's (or others) forgiveness.
9. Are you a quicker forgiver? Name unresolved issues in your life between you and another.
10. Do you yearn for heaven and to be with Jesus?

¹ Adapted from Donald S. Whitney's book by the same title.