

# Physical Exam

- Doctors and insurance companies recommend an annual physical
- Tests devised to pinpoint possible problems
- BP; pulse; Respiration and temperature
- Chest X-rays EKG, Labs, colonoscopy
- Vision, Dental
- Sifted / tested for any issues b/f become big.  
At the end as we go over the results with our doctor, we learn how healthy we truly are.



# Spiritual Exam

- God created tests to assess spiritual health
- Examines our faith in a variety of ways.
- Also looks at our obedience and submission.
- We can take Scripture and evaluate our spiritual well being and overall health.

# A Weekly Self-Examination

- Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. 28 But let a man examine himself, and so let him eat of the bread and drink of the cup. 29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. 30 For this reason many are weak and sick among you, and many sleep. 31 For if we would judge ourselves, we would not be judged. 1 Cor 11:28-31

# A Daily Assessment

- *Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching. 3 For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; 4 and they will turn their ears away from the truth, and be turned aside to fables. 2 Tim 4:2-4*
- Every doctrine in Scripture is healthy, but if we don't want to hear it, we are sick.

# Unhealthy Practices Lead to “cancer”

- *One of them, a prophet of their own, said, "Cretans are always liars, evil beasts, lazy gluttons." 13 This testimony is true. Therefore rebuke them sharply, that they may be sound in the faith, Titus 1:12-13*
- *But shun profane and idle babblings, for they will increase to more ungodliness. 17 And their message will spread like cancer. Hymenaeus and Philetus are of this sort, 2 Tim 2:16-17*

# God Saw Israel's "sickness"

- *This is the city that must be punished; there is nothing but oppression within her. 7 As a well keeps its water fresh, so she keeps fresh her evil; violence and destruction are heard within her; sickness and wounds are ever before me. 8 Be warned, O Jerusalem, lest I turn from you in disgust, lest I make you a desolation, an uninhabited land. Jer 6:6-8*

# God revealed Israel's "Sickness"

- *Why should you be stricken again? You will revolt more and more. The whole head is sick, And the whole heart faints. 6 From the sole of the foot even to the head, There is no soundness in it, But wounds and bruises and putrefying sores; They have not been closed or bound up, Or soothed with ointment. Isa 1:5-6*
- *When Ephraim saw his sickness, and Judah his wound, then Ephraim went to Assyria, and sent to the great king. But he is not able to cure you or heal your wound. Hos 5:13*

# The Word of God Reveals Health

- *The heart is deceitful above all things, and desperately wicked (sick); who can know it? I, the LORD, search the heart, I test the mind, even to give every man according to his ways, according to the fruit of his doings. Jer 17:9*
- *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. Heb 4:12-13*



# God Placed Markers

- *For you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many noble, are called. 27 But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; 28 and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, 29 that no flesh should glory in His presence. 1 Cor 1:26-29*

# The Scriptures Test and Reveal

- These things of folly will shift and change from generation to generation.
- Whatever man deems wise that the Scripture calls foolish is a point of assessment to our spiritual health.
- When we doubt the teachings of the Scripture based on the norms of culture, we are becoming sick.

# The Most Critical Tests

- Foolish things of the world
  - Put to shame the things that are wise
- The weak things of the world
  - Put to shame the things that are mighty
- The base things of the world;
- Things which are despised
- And the things that are not
- To bring to nothing things that are

# A “Sound & Healthy” Faith

- *These all died in faith, not having received the promises, but having seen them afar off were assured of them, embraced them and confessed that they were strangers and pilgrims on the earth. 14 For those who say such things declare plainly that they seek a homeland. 15 And truly if they had called to mind that country from which they had come out, they would have had opportunity to return. 16 But now they desire a better, that is, a heavenly country. Therefore God is not ashamed to be called their God, for He has prepared a city for them. Heb 11:13-16*

# Some of the “Foolish” Things Today

- Church autonomy: 1Pet 5:2-3
- Work God gave to the church
  - Evangelism Edification Benevolence
- The Lord’ Supper Acts 20:7; I Cor 11;
- Baptism for the remission of sins
- Hell is a real place
- Inspiration of the Scriptures
- How we got the Bible
- The six day Creation
- Instrumental Music

# More “Foolish Things”

- Woman’s Role in the church
- Homosexuality
- Inherited Sin
- Once Saved always Saved
- Faith only
- Worship in Spirit and truth
- Anything else the denominations devise
- Anything else the world expects of the church.

# Healthy Attitudes We Must Hold

- *“And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. 20 “For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. In 3:19-20*
- *For there must also be factions among you, that those who are approved may be recognized among you. 1 Cor 11:19*
- *Now I praise you, brethren, that you remember me in all things and keep the traditions just as I delivered them to you. 1 Cor 11:2*

# Healthy Attitudes Revealed

- *Blessed are you when men hate you, and when they exclude you, and revile you, and cast out your name as evil, for the Son of Man's sake. 23 Rejoice in that day and leap for joy! For indeed your reward is great in heaven, for in like manner their fathers did to the prophets. Lk 6:22-23*
- *Therefore, brethren, stand fast and hold the traditions which you were taught, whether by word or our epistle. II Th 2:15*