

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

- Self Testing Requires Awareness
- *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. 1 Cor 11:28-31*
- Each first day of the week requires an examination
- Thus before we eat/drink we do a self-exam.
- What are we looking for?

Self-Examination

- Spiritually healthy – Forgiven and prepared.
- No brother has aught against us. Mt 5:23-24
- Ready to remember.
- *He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 25 In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me." 1 Cor 11:24-25*
- This is the worthy manner

A Weekly Self-Examination

- This is a critical Self Test – Must Not Overlook
- unworthy manner will be guilty of the body and blood of the Lord.
- 29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body.
- So important we are self-condemned if we don't
- 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 good habit to develop and maintain.

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 (hygiene) 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.
- When we tire of hearing healthy and sound Scripture we are becoming 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 (hygiene) 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*

Sickness of an Entire Nation(Israel)

- *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*
- Our Nation is coming close to this same sickness. We must be aware. There are many “germs”
- *Do not be deceived: "Evil company corrupts good habits." 1Cor. 15:33*

Israel's Incurable Sickness

- *5 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.*

Signs of their Illness

- *Hear, O heavens, and give ear, O earth! For the Lord has spoken: " I have nourished and brought up children, And they have rebelled against Me; 3 The ox knows its owner And the donkey its master's crib; But Israel does not know, My people do not consider." 4 Alas, sinful nation, A people laden with iniquity, A brood of evildoers, Children who are corrupters! They have forsaken the Lord, They have provoked to anger The Holy One of Israel, They have turned away backward. Isa 1:2-6*
- **This sickness was fatal!**
- *Unless the Lord of hosts Had left to us a very small remnant, We would have become like Sodom, We would have been made like Gomorrah. Isa 1:9*

God Offered Israel the Cure

- Diagnosis, Cure and Prognosis

- *18 "Come now, and let us reason together," Says the Lord, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool. 19 If you are willing and obedient, You shall eat the good of the land; 20 But if you refuse and rebel, You shall be devoured by the sword"; For the mouth of the Lord has spoken. Isa 1:18-20*

No One Is Immune

- Not enough for God to test ... We too must learn to assess these tests and then test ourselves.
- *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*
- *Test all things; hold fast what is good. 22 Abstain from every form of evil. 1Th. 5:21-22*
- *Examine yourselves as to whether you are in the faith. Test yourselves. 2Cor 13:5*
- Our Daily Prayers are the Perfect Time to do This

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*

Results of Tests: Healthy Attitudes

- *“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. Jn 3:19-20*
- *Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness. Lk 11:34-36*
- *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

- *But shun profane and idle babblings, for they will increase to more **ungodliness**. 17 And their message will **spread like cancer**. 2 Tim. 2:16-17*
- *Therefore, brethren, stand fast and hold the traditions which you were taught, whether by word or our epistle. II Th 2:15*

When We Test ... We See...

- *but **test everything**; hold fast what is good. 22 Abstain from every form of evil. 1Th. 5:21-22*
- *But let each one **test his own work**, and then his reason to boast will be in himself alone and not in his neighbor. 5 For each will have to bear his own load. Gal 6:4-5*
- *Beloved, do not believe every spirit, but **test the spirits** to see whether they are from God, for many false prophets have gone out into the world. 1Jn. 4:1-2*

This is not An Option

- *Examine yourselves, to see whether you are in the faith. **Test yourselves.** Or do you not realize this about yourselves, that Jesus Christ is in you?—**unless indeed you fail to meet the test!** 6 I hope you will find out that **we have not failed the test.** 2 Cor 13:5-7*