

# (The Full Gospel) 25. a Spiritual Check-Up

by Zac Poonen

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*This sermon encourages listeners to regularly reflect on their actions, thoughts, and relationships to evaluate their spiritual priorities and growth, and to prioritize their spiritual growth and relationships with others.*

**Scripture:** Proverbs 16:2, Matthew 6:33, Matthew 12:36, 1 Corinthians 10:31, Ephesians 4:29, Philippians 2:3, Colossians 3:13, James 4:17, 1 Peter 4:10, 1 John 4:20

**Topics:** "Spiritual Growth", "Christian Living"

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## Description

Zac Poonen delivers a powerful sermon challenging believers to examine their thoughts, words, and actions throughout the day, emphasizing the importance of living a life aligned with God's principles. He prompts introspection on various aspects such as forgiveness, humility, love for others, stewardship of time and resources, and the purity of thoughts. Poonen encourages a lifestyle of prayer, service, simplicity, and accountability in relationships, urging believers to prioritize seeking God's kingdom, living in truth, and walking in love towards all.

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## Transcript

Have I spoken or thought evil of anyone today? Did I speak any idle words today? Did I indulge in overeating or laziness or any other filthy lust? Did I act in a selfish way towards anyone today? Was I happy or even unconcerned about someone else's failure? Did I seek the kingdom of God and His righteousness first today? Did I look for opportunities to witness for Christ and to do good? Did I doubt the love or the power or the sovereignty of God today? Was I proud of any accomplishment?

Was I discouraged or depressed over anything? Did I do or say anything, which was not profitable or edifying? Did I do to others as I would want them to do to me? Was I carnally inquisitive or a busybody in anyone's affairs? Did I waste money on anything useless today? Did I tell another what was told to me in confidence? Was I impatient with anyone today? How did I treat servants and those on a lower social scale? Did I speak a word of encouragement or appreciation to anyone?

Did I show my love to the members of my family? Did I consider myself as better than anyone else? Did I pass judgment on anyone today - even in my thoughts? Is there anyone I have not forgiven totally, from my heart? Did I believe any evil story, without verifying the information? Were my thoughts morally pure today? Have I prayed for those who hate me and persecute me? Was I jealous of anyone today? Did I value and delight in my fellow-believers? Was I concerned about the spiritual & physical needs of my brethren?

Is it possible that I might have hurt someone thoughtlessly? Did I keep my word and my promises? Was I a servant to all whom I came across today? Have I cast my every care and burden on the Lord? Was I concerned about the opinion of any man? Did I waste any time today, or did I use the day profitably? Was I alert to hear what the Lord had to say to me today? Did I try to live simply, avoiding luxury as far as possible? Did I share something of spiritual value with my children today? Did I try to help my wife (husband) in her (his) work today? Did I despise anyone who doesn't have the same light as I have? Is there any thought in my heart that is not good, towards anyone?

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