Sermon Notes

**“New Year’s Check-Up”**

Psalm 119:59–60

59 I have considered my ways and have turned my steps to your statutes. 60 I will hasten and not delay to obey your commands.

Psalm 139:24

24 See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 26:2

2 Test me, O Lord, and try me, examine my heart and my mind;

Lamentations 3:40

40 Let us examine our ways and test them, and let us return to the Lord.

1 Timothy 4:16

16 Watch your life and doctrine closely.

**Heading into the New Year**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**New Year’s Check-up (depth and fruitfulness)**

Friendships

0 1 2 3 4 5 6 7 8 9 10

Family

0 1 2 3 4 5 6 7 8 9 10

Marriage

0 1 2 3 4 5 6 7 8 9 10

Scriptural engagement

0 1 2 3 4 5 6 7 8 9 10

Prayer

0 1 2 3 4 5 6 7 8 9 10

Fruit of the Spirit

0 1 2 3 4 5 6 7 8 9 10

Time (personal vision)

0 1 2 3 4 5 6 7 8 9 10

Vocation

0 1 2 3 4 5 6 7 8 9 10

Energy (self-care)

0 1 2 3 4 5 6 7 8 9 10

Money and resources (stewardship)

0 1 2 3 4 5 6 7 8 9 10

Service

0 1 2 3 4 5 6 7 8 9 10

**Questions for Discussion**

1. What fresh or “I never thought of that!” idea did you encounter in Sunday’s message?

2. Heading into the New Year, how would you describe the state of your soul using the three categories Jeff provided?

3. Have you ever completed a spiritual check-up like the one provided? What do you see as being the potential benefits of doing so regularly? Do you see any potential problems with these kind of self-assessments?

4. What areas in your life are currently experiencing depth and fruitfulness? Why do you believe this is the case?

5. Are there areas in which you are struggling to see this depth and fruit? Can you identify any reasons for this?

6. Why do you think Jeff’s counsel was to refrain from immediately rushing to set goals for each area coming out of this evaluation?