

## The Kirk Spiritual Health Assessment

Like physical health, our spiritual health benefits from periodic assessments. This is an invitation for you to participate in a spiritual health assessment with The Great Physician. The consultation will be private and confidential unless you choose to share some of what you learn. There is no waiting- The Great Physician is available to you whenever and however often you wish to see Him.

**Step 1:** Study the following passage thoughtfully in order to consider your Physician's qualifications. As you read, picture him knitting you, forming you, knowing you and now examining you. Realize that his loving and thorough examination has been ongoing since before you were even born. He arrives to your appointment FULLY informed about you and FULLY committed to leading you in the way everlasting.

**139** O Lord, you have searched me and known me!

<sup>2</sup>You know when I sit down and when I rise up;  
you discern my thoughts from afar.

<sup>3</sup>You search out my path and my lying down  
and are acquainted with all my ways.

<sup>4</sup>Even before a word is on my tongue,  
behold, O Lord, you know it altogether.

<sup>5</sup>You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup>Such knowledge is too wonderful for me;  
it is high; I cannot attain it.

<sup>7</sup>Where shall I go from your Spirit?  
Or where shall I flee from your presence?

<sup>8</sup>If I ascend to heaven, you are there!  
If I make my bed in Sheol, you are there!

<sup>9</sup>If I take the wings of the morning  
and dwell in the uttermost parts of the sea,

<sup>10</sup>even there your hand shall lead me,  
and your right hand shall hold me.

<sup>11</sup>If I say, "Surely the darkness shall cover me,  
and the light about me be night,"

<sup>12</sup>even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.

<sup>13</sup>For you formed my inward parts;  
you knitted me together in my mother's womb.

<sup>14</sup>I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;

my soul knows it very well.  
<sup>15</sup> My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
<sup>16</sup> Your eyes saw my unformed substance;  
in your book were written, every one of them,  
the days that were formed for me,  
when as yet there was none of them.

<sup>17</sup> How precious to me are your thoughts, O God!  
How vast is the sum of them!  
<sup>18</sup> If I would count them, they are more than the sand.  
I awake, and I am still with you.

<sup>19</sup> Oh that you would slay the wicked, O God!  
O men of blood, depart from me!  
<sup>20</sup> They speak against you with malicious intent;  
your enemies take your name in vain.  
<sup>21</sup> Do I not hate those who hate you, O Lord?  
And do I not loathe those who rise up against you?  
<sup>22</sup> I hate them with complete hatred;  
I count them my enemies.

<sup>23</sup> Search me, O God, and know my heart!  
Try me and know my thoughts!  
<sup>24</sup> And see if there be any grievous way in me,  
and lead me in the way everlasting!

**Step 2:** With the above Scripture in mind, review the list of spiritual health indicators that the Great Physician views as important to your personal health and the corporate health of The Kirk. These seven indicators are what we call, *The Kirk Values*:

1. **Worship Centered:** Demonstrated by placing personal and corporate devotion to God at the center of life.
2. **Prayer Saturated:** Demonstrated by increasing dependence on God's direction and provision through a prayer saturated life.
3. **Bible Grounded:** Demonstrated by grounding everything we believe, say and do on God's authoritative Word.
4. **Relationship Focused:** Demonstrated by focusing environments on developing healthy, God-honoring relationships.
5. **Gospel Driven:** Demonstrated by a driven passion to have gospel conversations with people who are disconnected from God and the church.

6. **Mission Mobilized:** Demonstrated by lives compelled to go and participating in sharing Christ locally and globally.
7. **Generosity Filled:** Demonstrated by an overflowing desire to invest time and money in the life and mission of the church.

PLEASE NOTE: The Kirk has developed a set of online self-assessment questions for each of the above items complete with a scoring method for your use in further considering one or more of the seven Kirk Values. It can be found here: [The Kirk Spiritual Health Assessment](#).

**Step 3: Now What?** The answer to this question is entirely dependent on the findings of our Great Physician. Our Medical doctor's findings may bring us relief or comfort if our physical health is good or improving. They may confirm that we are on a good course and only minor changes are prescribed. If this is the case for you consider sharing the findings you wrote down in Step 2 with a trusted Christian friend or a small group member so that you may talk, pray and discuss your progress together.

An Important Note: Medical health assessments may of course reveal findings that are not what we had hoped for but the doctor will suggest things that may help your health improve. *The same may be true of our spiritual health assessment and the Great Physician may have some suggestions for you.* If this is the case for you, please reach out to someone such as a Small Group Leader, Elder or Pastor. You may contact Tammy Gill who can provide some ideas on who at the Kirk may be available for you.