

TEN QUESTIONS TO DIAGNOSE YOUR SPIRITUAL HEALTH (DON WHITNEY)
WEEK 2: Are You Governed Increasingly by God's Word?

What does it mean to “govern”?

Thomas Chalmers comments: *“The sum and substance of the preparation needed for a coming eternity is that you believe what the Bible tells you and do what the Bible bids you.”*

Jesus stated this another way, [John 14:15](#) **“If you love me, you will keep my commandments.”**

I. What is MOST Valuable to You?

- A. eternal perspective→ **God's Word is the most valuable.**
- B. **WATER that brings SANCTIFICATION:** [Eph 5:26](#) that he might sanctify her, having cleansed her by the washing of water with **the word**,
- C. **FOOD that brings great JOY:** [Jer 15:16](#) Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts.
- D. **Milk and Meat:** [Heb 5:12](#) For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. **You need milk, not solid food**, 13 for everyone who **lives on milk** is unskilled in the word of righteousness, since he **is a child**. 14 But **solid food** is for the **mature**, for those who have their powers of discernment **trained by constant practice** to distinguish good from evil.
 - 1. Path to having discernment between good and evil? PRACTICING WORD
- E. Jesus said, [Mt 4:4](#) But he answered, "It is written, "**Man shall not live by bread alone, but by every word that comes from the mouth of God.**"
 - 1. Cannot expect to survive and grow spiritually without the proper intake of the word.
 - 2. Jesus commends us to discern the significance of “eating the bread that comes from the mouth of God.”
- F. **Word is food and brings life to us spiritually:**
 - 1. **Light**→ [Ps 119:105](#) ¶ **Your word** is a lamp to my feet and a light to my path.
 - a. Guides through the darkness of this world
 - 2. **Fire and a tool** → [Jer 23:29](#) Is not **my word like fire**, declares the LORD, and like a **hammer that breaks the rock in pieces?**
 - a. Powerful; tears down mountains of evil, breaks the chains of Satan himself
 - b. Will release us from bondage of sin that torments us day and night
 - 3. **Weapon** (sword) → [Eph 6:17](#) and take the helmet of salvation, and the sword of the Spirit, which is the word of God,
 - a. God desires for you to be victorious daily, to be protected.
 - b. Holy Spirit is with you, giving you power to resist sin and the attacks of this world
 - c. Jesus used the Word throughout his ministry and days on this earth to stand firm.

4. **Seed**→ 1Pe 1:23 since you have been born again, not of perishable seed but of imperishable, through the **living and abiding word of God**;
 - a. Power unto salvation; lights the fire of repentance and faith in a lost soul,
 - b. It is living and abiding, it is active, it directs

G. Word has many Qualities:

1. Perfect, sure, right, pure, true, righteous, sweeter than honey, desired more than gold.
2. It is infallible, it is priceless!
3. Ps 19:7 ¶ The law of the LORD is **perfect, reviving** the soul; the testimony of the LORD is **sure, making wise** the simple; 8 the precepts of the LORD are **right, rejoicing** the heart; the commandment of the LORD is **pure, enlightening** the eyes; 9 . . . ; the rules of the LORD are **true, and righteous** altogether. 10 **More to be desired are they than gold**, even much fine gold; **sweeter also than honey** and drippings of the honeycomb.
4. All will stand before the judgement seat of God.
 - a. We will not be judged by laws of the constitution; how much you know of the laws of quantum physics or whether you can recite literature.
 - b. Will be judged by the word that proceeds from the mouth of God!

H. Bible is not like any other book→ it is alive,

1. Heb 4:12 For the word of God is **living and active**, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
2. Speaks to our heart and soul, it cuts, sharpens, pierces; can read our heart

I. Bible is God's Word – He makes Himself known and gives us the way to Fellowship with Himself through revealing Jesus Christ in His Word.

1. Nothing else can bring to us the words of Eternal Life.

J. Need for God's word cannot be overstated→

1. It is heavenly food → 1Pe 2:2 Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—
2. Required to know God, for spiritual growth→
3. **To become like Christ we must know Christ through the word of God.**
4. **John 17:14 I have given them your word,**
5. John 17:8 For I have given them the **words that you gave me**, and they have received them and have come to know in **truth** that I came from you; and they have believed that you sent me.

6. Transformation into the Image of Christ commands that we consume His Word!

K. More than just memorizing is required, but little input of God's word results in little resemblance to God's Son!

II. IS THE WORD CHANGING YOU?

A. **How has the reading and study of God's word affected your life in the past year?**

B. Is Scripture determining the way you make decisions about situations in your life?

C. Many professors of Christ, **do not recall any redirection in belief or practice**

1. If God's word is a light to our feet, then periodically it should re-route our path!
2. Is your understanding of Christ deeper today than in the past?
3. Is God's word leaving any impact on your life at all?

4. And again Jesus stated, "If you love Me, you will _____"

5. Obeying Christ will reroute your own plans and ways from time to time!

D. **How are you reading the Bible to know Christ more?**

1. Octavius Winslow, British minister (p26), "*nothing perhaps more strongly indicates the tone of a believer's spirituality, than the light in which the Scriptures are regarded by him.*"

2. Bible is NOT to be read just like any other book!

E. **Bible is "God's Word"!**

1. Want to hear the audible word of God, read the Bible out loud!

2. Not just an historical document, it is living and active,

3. **2Ti 3:16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.**

4. **Genuine believer is one who does not just admires God's Word, but loves it!**

a. Ps 119:47 for I find my delight in your commandments, which I love.

b. Ps 119:48 I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

c. Ps 119:97 ¶ Oh how I love your law! It is my meditation all the day.

5. **Un-believers are described** → 2Th 2:10 and with all wicked deception for **those who are perishing**, because **they refused to love the truth and so be saved.**

a. Cause of their perishing? "Because they refused to love the truth . . ."

b. John Piper: "*Loving the truth is a matter of perishing or being saved. Indifference to the truth is a mark of spiritual death.*"

III. Word of God is from the "Word of God".

A. **John 1:1 ¶ In the beginning was the Word, and the Word was with God, and the Word was God.**

B. **Jesus' life was governed by truth, by the Word.**

C. Jesus did NOT rely on divine nature, but rebuked Satan's attacks by the Word from God.

1. **De 8:3 . . .man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.**

D. Jesus continually spoke the written word to confront error → He memorized Scripture.

- E. **As Scripture guided His life, we who desire to be like Him must also walk as guided by the Word of God.**

IV. **Word Driven Life**

- A. The believer, should resemble Him more if they are allowing the Word to rule their life.
B. Holy Spirit brings life to the dead soul→Word of God becomes the guiding voice of God.
C. **Isa 8:20 To the teaching and to the testimony! If they will not speak according to this word, it is because they have no dawn.**

- D. **Are you thinking or asking yourself, “What does the Bible say?” when you come upon a decision of life’s common matters.**

- E. “How should I (_____)?” “What does Jesus have to say about _____?”

- F. **For a believer, all of our choices should be ruled or governed by Word of God.**

- G. **Not an overwhelming weight, rather a means to direct your life in a way to honor and glorify God; AND TO BRING JOY TO YOUR OWN LIFE!.**

- H. **God’s Word is to be the compass, the GPS of life.**

1. **Ps 119:105 ¶ Your word is a lamp to my feet and a light to my path.**
2. **If we do not move according to the light, we will be walking in darkness.**
3. Living without the word is to live in darkness→ NOT the way of a true believer.

- I. **Not Perfection, But Direction**

1. No Christian will perfectly live life according to God’s Word→**general direction**
2. An “increasing characteristic” as a believer grows in Christ.

- J. **Growth as the Word Re-directs our Path**

1. John wrote: **1Jo 2:13 I am writing to you, fathers,** because you know him who is from the beginning. **I am writing to you, young men,** because you have overcome the evil one. **I write to you, children,** because you know the Father.
2. Not how long one has been a believer that determines maturity in the Lord.
3. Believer matures in Christ, is more like Christ, as the Word influences their life.
4. **God uses His living Word to groom and shape us– to direct our beliefs**
5. **We must ask ourselves continuously whether our life aligns with Scripture.**

- K. **We are to NOT base our decisions on how it makes us feel or whether it will be popular among our colleagues—we are to live as directed by Scripture.**

1. **2Ti 3:16 All Scripture is breathed out by God and profitable** for teaching, for reproof, for correction, and for training in righteousness,

- L. **HOW CAN I INCREASE MY DEPENDANCE ON GOD’S WORD?**

1. **DISCIPLINE YOURSELF TO BE IN GOD’S WORD**

- a. Reading, listening, meditating on it.
- b. **1Pe 2:2 Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—3 if indeed you have tasted that the Lord is good.**

- c. Discipline yourself to consume God's food consistently to grow spiritually.
2. **PRAYING THE BIBLE**
- a. Repeating what God says back to God will spark a love for it.
 - b. It will rehearse truth in our hearts
3. **MEDITATING ON THE BIBLE**
- a. Just one verse from your study– think on it, how does it apply to your life today
 - b. Rewrite the verse in your own words; write the Scripture itself which will help in memorization.
 - c. James 1:22 But be doers of the word, and not hearers only, deceiving yourselves. . . .25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.
 - d. Read→ then ask what is one thing that this passage has meant to you?
4. **PRIORITIZE BIBLE TIME**
- a. If you are dependant on the Word, this will happen; you will make time.
 - b. Make time for spiritual food if you desire to grow in applying it in daily living.
 - c. **We always find time for things that are important!**
5. **TRAIN YOURSELF TO ASK, “HOW DOES THE BIBLE SPEAK TO THIS?”**
- a. **Whatever “this” is in your life is always covered in God's Word**
 - b. 2Pe 1:3 seeing that His divine power has **granted to us everything pertaining to life and godliness**, through the true knowledge of Him who called us by His own glory and excellence.

V. Next week question: “ARE YOU MORE LOVING?”