



Title | Your Spiritual Checkup  
Series | —  
Text | Various  
By | John Gemmill  
Date | January 5, 2020

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## Sermon Notes

**Philippians 1:3-4** *I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all, . . .*

**Philippians 1:9** *And this I pray, that your love may abound still more and more in real knowledge and all discernment, .*

**Philippians 4:6-7** *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*

**1 Thessalonians 5:17** “. . . pray without ceasing . . .”

**Romans 12:2** *And do not be conformed to this world, but be transformed by the renewing of your mind, . . .*

**Philippians 4:8** *Finally, brethren, whatever is true, . . . honorable, . . . right, . . . pure, . . . lovely, . . . of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

**John 13:34** *A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.*

**Galatians 5:14** *For the whole Law is fulfilled in one word, in the statement, “You shall love your neighbor as yourself.”* NASB

### Big Idea:

Text questions during the sermon: 623-850-8809

**Philippians 4:8:** “Finally, brethren, whatever is true, . . . honorable, . . . right, . . . pure, . . . lovely, . . . of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” NASB

## **For Reflection & Application:**

### **Monday:**

Read Philippians 1:3-4, 1:9, and 1 Thessalonians 5:17. In your prayer life, are you thanking God for other people? Are you praying for others? For their growth in love, knowledge, and discernment? Are you praising and thanking God for His grace, mercy, and love? Are you praying often enough?

### **Tuesday:**

Read Romans 12:2 and Phil 4:8: Are you renewing your mind by reading and absorbing God's word? Also, by prayer and time spent with God?

### **Wednesday:**

Read John 13:34-35, Galatians 5:6, and 5:14. Are you growing in your love for others? Do we have a responsibility to re-think what we cherish, and to cherish people more?

### **Thursday:**

Read Philippians 4:6-7, John 14:27, and Matthew 6:25-34. How does God want you to deal with anxiety, fear, or worry?

### **Friday:**

Consider your spiritual health. Administer your own spiritual checkup. What aspects of your spiritual life could you improve? How will you do that?

### **Daily Prayer:**

Lord, thank you for calling me to grow spiritually and for helping me do so. Please help me to pray more effectively, to renew my mind with your Word, and to love others sincerely. Amen.