

## Keeping Off the Spiritual Roller Coaster

If we are not careful, our spiritual lives can become roller coasters - times of dryness interspersed with mountaintop experiences. These 10 questions are not a spiritual cure-all, but they get us thinking and back on track when we start drying up. **Read them one at a time and comment on them from personal experience or wisdom.**

1. **Am I a believer?** How can I be spiritually mature, if I'm not even born again?
2. **Am I sinning?** Everyone sins at times, but we know that honest confession and repentance brings forgiveness. But sometimes we are down because we're deliberately doing things we know are sinful. Being an habitually "sinning Christian" is an oxymoron.
3. **Am I out of shape physically?** If we allow ourselves to be sluggish, we don't think clearly or work efficiently. Staying up late works against spiritual vitality.
4. **Am I spiritually undernourished?** Am I skipping church because I'm busy? Tired? Am I neglecting Bible study and prayer? Being underfed on God's truths and neglecting worship with God's people leads to spiritual anorexia.
5. **Am I spiritually overfed?** Some of us are stuffed with a steady diet of Christian radio, television, conferences, books and magazines. This can make us bloated because we are taking in more than we are applying in our lives. Maybe the intake needs to lessen and the thinking, obeying and serving need to enlarge.
6. **Am I legalistic and hypocritical?** It is very easy to develop a holier-than-thou attitude, noting every wrong in people, society, morality and government. When we get on our spiritual lookout tower, we usually fall down in our personal faith, grace and love for those who might need it the most.
7. **Am I thinking clearly?** It's easy to have wrong perspectives, especially when we get caught in the world's values. The drive for success is a worldly trap that catches us off-guard. Feeding our minds with the trivia of television and the chaff of the internet can lead to spiritual inertia.
8. **Is my life balanced?** We all can focus too much on one thing to the neglect of another: work, sports, hobbies, social networks, even church meetings and programs. Balanced Christians are usually healthier.
9. **Am I spiritually powered?** Sometimes we get program-oriented and forget that our power comes from the Lord. Ask: Is the Holy Spirit really active in my mind? My conscience? My will? If we are independent, ignoring God, we won't grow.
10. **Have I lost my perspective on what God is really like?** There is an old book: Your God is Too Small, which described how we limit God, put him in boxes, keep him side-tracked, so that he is not able to thrive in us. Conclude by reading Exodus 34:4-9. This is the first full explanation from God regarding his nature. Read it. Rejoice. Lean into it. Take it to the bank!