

Question #1:
Am I Connected?

Part 1

As a Christian, do you serve (trust and obey) Christ your Redeemer?

Faith-Related Health Risk Assessment

Give yourself a Grade (A, B, C, D, F) for your answer to each of the 10 questions below.

Question	Grade	Points
1. Have you committed your life to Jesus Christ as your Lord and Saviour?		
2. Do you spend time each morning in private Bible Study and Prayer?		
3. Do you take breaks during the day for brief inspirational readings?		
4. Do you stay connected to Christ by silent prayer throughout the day?		
5. Do you regularly have faith-related conversations with your family?		
6. Do you journal about your daily walk with Jesus each evening?		
7. Do you regularly attend the weekly worship services at your church?		
8. Do you regularly seek out and fellowship with other Christians?		
9. Do you often volunteer your time, service, and money for the good of others?		
10. Do you daily surrender yourself to God for His will to be done in your life?		
Grade Point Average:		

Add your grade points (A = 4, B = 3, C = 2, D = 1, F = 0) and divide the total by 10.

What is your GPA (Grace Point Average)?

Is there room for improvement?

Read the short article on the reverse side
before you answer the question below.

Do you want to improve your Spiritual Health to grow more in Grace?

Yes or No

Question #1: Am I Connected? Part 2

Growing in Grace

"But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ." **2 Peter 3:18**

It is the privilege of every Christian, as they grow in Christ, to grow in spiritual grace and knowledge. We may know more and more of Jesus through an interested searching of the Scriptures, and then following (obeying) the ways of truth and righteousness therein revealed. Those who are ever growing in grace will be steadfast (sealed) in the faith, and moving forward.

There should be an earnest desire in the heart of every Christian who has purposed to be a disciple of Jesus Christ to reach the highest Christian standard, to be a worker with Christ. If you make it your aim to be in that number who shall be presented faultless before the throne of God, you will be continually advancing -- growing in grace.

The only way to remain steadfast is to progress daily in divine (spiritual) life. Faith will increase if, when brought into contact with doubts and obstacles, your faith overcomes them. True sanctification is not only the work of a lifetime, but progressive. If you are growing in grace and the knowledge of Jesus Christ, you will improve every privilege and opportunity to gain more knowledge of the life and character of Christ.

Faith in Jesus will grow as you become better acquainted with your Redeemer by dwelling upon His spotless life and His infinite love. You cannot dishonor God more than to profess to be His disciple while you keep at a distance from Him, and are not fed and nourished by His Holy Spirit in the study of God's word.

When you are growing in grace, you will love to attend religious meetings, and you will gladly bear testimony of the love of Christ before the congregation. God, by His grace, can give the Christian self-control (temperance), knowledge, experience, understanding. You can grow in grace daily by faith in God's word.

As long as we continue to keep our eyes fixed upon the Author and Finisher of our faith (Jesus), we shall be safe. But our affections must be placed upon things above, not on things of the earth. By faith we must rise higher and still higher in the attainment of the graces of Christ.

By daily contemplating His matchless charms, you will grow more and more into His glorious image. While living in constant communion* with Heaven, Satan will lay his nets for us in vain.

*Communion: the sharing of intimate thoughts and feelings, especially on a spiritual level.

The only way to grow in grace is to serve (trust and obey) Christ every day.

"I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing." **John 15:5**

"What doth it profit, my brethren, though a man say he hath faith, and have not works? Can faith save him?... For as the body without the spirit is dead, so faith without works is dead also." **James 2:14, 26**

Faith + Works = the Grace of Christ in your life.

Faith that works by love purifies the soul.

Faith (in God) that Works (obeys) by Love (for God) purifies the Soul.

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I **live** by the **faith** of the Son of God, who loved me, and gave himself for me." **Galatians 2:20**

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Yes or No