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A SPIRITUAL CHECKUP**

Have you had a spiritual checkup lately? Hmm. Well let's start with the head. Is your head full of self and high-mindedness? Well, then it should get straightened out with a shot of there is no high like the Most High.

Then, are your thoughts prideful? Maybe we need to take a dose of humility.

And your lips– are they speaking the things of God, or are they speaking doubt and fear and perhaps idle gossip? Well, a dose of guard your mouth is in order.

What about the ears? Are they tuned in to things of the Spirit, or are they dull of hearing with self-wax that will keep them from hearing from God? If so, then a dose of spiritual earwax removal is in order.

Then to the eyes– are they looking at things in the natural, or are they seeing what God's Word says about things? Are they seeing those things that are not can only obtained by faith? Maybe a dose of spiritual eye salve is in order so we get renewed vision.

Then the neck– is it turned up to God, trusting Him in all that you do, or bent down in depression? A dose of faith is in order.

Of course, what hat you are wearing will determine the team you are in. What team does your hat display? Does it display self, or God's team? Maybe a change of hats is in order.

Then what about the heart? Is it filled up with love for God and others, or full of hate and fear? Perhaps we need a shot of repentance to make it healthy.

I could go on and on with each part of ourselves, but I think you get the picture.

A spiritual checkup is so important. Yet so often we want to inspect others instead of ourselves. Let's be honest. We all need a spiritual tune-up! Let's let God examine us today to see what we need to change to be spiritually healthy.

If we let Him, he can show us what we need so we can be spiritually healthy Christians.