



Health + Stewardship Check-Up

For each area, read through the questions and ask:

- What would faithfulness look like in this area in this season?

Relationship with God

- Am I making room to actually be with God, not just doing things for Him?
- Is prayer my first response or my last resort?
- Am I allowing Scripture to shape how I think and live?
- Am I becoming more sensitive to the voice and leading of the Holy Spirit?
- Is there anything God has been speaking to me about that I've delayed obeying?
- Am I more in love with Jesus than I was a year ago?
- Is there anyone I am offended at? Walk through forgiveness.
- What is God inviting me into in this season?

Marriage

- Am I loving my spouse in a way that reflects Christ: with sacrifice, honor, kindness, and forgiveness?
- Does my spouse receive my best, or mostly what's left of me?
- Are we intentionally investing in friendship, intimacy, communication, and spiritual connection?
- Is there anything I've allowed to grow between us that needs attention?
- What is one thing I could do to strengthen my marriage in this season?

Family

- Am I giving the people closest to me my presence, not just providing for them?
- Does the atmosphere of our home reflect the fruit of the Spirit?
- Am I intentionally helping my children/family know God, or am I outsourcing their spiritual formation to church?
- Do the people in my home feel seen, heard, loved, and valued?
- What kind of culture are we creating in our family?

Work / Calling

- Do I work with integrity and excellence even when no one is watching?
- Am I someone people can trust to do what I say I'll do?
- Am I developing the gifts and abilities God has given me?
- Do I see my workplace as somewhere God has sent me, not simply somewhere I earn money?
- Am I bringing the character and presence of Jesus into the way I treat people?
- What would "working as unto the Lord" look like for me right now?

Church / Kingdom

- Am I connected to the body of Christ, or am I mostly consuming?
- Am I using what God has given me to strengthen someone else?
- Am I allowing myself to be known, encouraged, challenged, and disciplined?
- Am I contributing to the culture I want my church to have?
- Where has God given me an opportunity to serve, encourage, give, pray, or build someone else?
- Am I participating in the Radiant Life family God has placed me in?

Finances

- Do I see what I have as mine, or as something God has entrusted to me?
- Do my spending habits reflect what I say I value?
- Am I living with generosity, wisdom, and self-control?
- Am I giving, saving, spending, and planning intentionally?
- Am I carrying unnecessary financial pressure because of choices I can change?
- If God asked me to be generous today, have I created enough margin to say yes?

Health / Body

- Am I treating my body as something valuable that God has entrusted to me?
- Am I getting the rest my body and soul need?
- Am I regularly doing things that strengthen my physical and emotional health?
- Are there signals from my body that I've been ignoring?
- Are my habits helping me have the energy and capacity to fulfill what God has called me to?
- What is one healthy choice I could make consistently rather than trying to change everything at once?