

# Checklist for The Soul

How to Live A "God Normal" Life

---

*The last thing you may want to do in life is give yourself over to sin, but if you are not actively working to become more like the Creator of our world, sin will eventually gain full control. The problem is, you may never know the extent of its power in your life until you are tested. By then, it may already be too late.*

*So, what can you do to check your current position? Try this simple checklist to adapt your daily life to one that makes Christ its focus.*

---

- ✓ **Prayer** - Our time spend chatting, listening, repenting and making requests of God is essential to our understanding of who He is. As is always the case, free and honest communication is the most important pillar of relationship. We should ever be careful to cultivate the quality and quantity of the time spent in private and communal prayer. Including intentional prayer throughout the day is essential to spiritual health.

Make a note of important points found in Daniel 6:10 and Luke 18:1

---

---

---

---

- ✓ **Study** - The careful and prayerful, focused study of the word of God is an impetus for growth. It's a simple solution to many of our failings, because as we read and carefully examine the heart of God, we become like Him. Our view of the world begins to change to a more enlightened perception. We examine Him, understand more of His character and become more like Him.

What is the word? What power does it have? John 1:1-4, 14 and Psalm 119:130, 133

---

---

---

- ✓ **Fuel** - The fuel we choose to use in our bodies affects our thinking and our ability act. If we want to have clearer thinking, we can immediately see an improvement by choosing to fuel our system with a variety of

*colorful, plant based foods, while rejecting synthetic items and selections like stimulants, which will cruelly tax our system. Water is a great source of energy and healing. Our bodies need half our body weight in ounces of water per day, just to replace what we lose. As followers of God, we are trying to attain a place in the perfect world. Even our food can help us do it. There's no need to participate in destructive systems to nourish ourselves. When we choose not to kill to eat, we are healthier. In addition, a greater level of self-control is one of a most precious treasure in life. It's the start of many wonderful things.*

What can we learn about fueling our bodies and the spiritual implications from the following passages? Genesis 1:29, Leviticus 11, Judges 13:4, Ezekiel 22:26, 2 Corinthians 6:17, 18

---

---

---

- ✓ **Fitness** - *It's true that our bodies are designed for movement. We are very different in many ways and may be blessed with physical challenges, but every body benefits from regular physical exercise, even if additional support or adaptive equipment is in play. Walking, swimming, wheeling, gardening, tennis, biking, hiking, or group activities in the fresh, open air is essential to living a balanced, effective, joyful life. Include God in all things. A challenge is good, moderation wins. Thank God for everything and have fun.*

It's a given that we should take good care of our things. This includes the body, our biggest resource. What other impetus are we given for properly protecting it? John 2: 19, 21, Romans 6:11-13, 8:13, 1 Corinthians 6:12-20

---

---

---

- ✓ **Community** - *We are social creatures. Escape the habit of hiding your true self. This is a trick satan has slipped into many cultures world-wide in an attempt to keep us from experiencing what was designed and intended to be the loving, living Body of Christ on Earth. Open your heart and look for opportunities to reveal and promote interaction in the Spirit and character of Christ. When we do it right, breakthroughs are the norm. The church grows and God's will is done. Beware of the attacks of the evil one to break this work apart. A love-unified assembly is his greatest fear. Why? Maybe because it looks so much like heaven. The power of God flows unhindered where Christ's character is revealed.*

What is the practiced habit of those in the The Way? Hebrews 10:25, 1 John 3:11, 4:7, Acts 12:12, 1 Corinthians 11:33, Ephesians 4:1-6

---

---

- ✓ **Love** - *Give back. Do you have a "burden for souls"? If not, ask God to give it to you and find ways to share the loving nature of God with others every day. If you ask for opportunities to do it in a way that you'll excel in, you'll find them falling into your path in miraculous ways.*

What are some of your favorite commandments to love? The entire Sermon on the Mount [Matthew 5-7] could be

cited. John 13:15-17, 1 John 4:8, Romans 13:8-10

---

---

---

- ✓ **Praise**- *Praise is a powerful thing. We are not only advised to do it, it comes naturally to those who begin to truly experience the presence of God. His love, law and every other expression of His nature is a call to praise for the human. If we aren't moved to praise, it is a good indication that some issue is clogging the pipeline. Lack of praise in the life is evidence of end stage sin. Relationship, reflection is lacking. The good news? Praise is not only something we do when we feel like it. Praise often precedes emotion. It is an effort and a response. It is a powerful expression of our decision to promote God's brand in the world. We praise, because while others expend energy lauding athletes, musicians and demons, we know the One who pours grace on mankind and strives to redeem us. Praise is our duty and our pleasure. It escorts us to a position where belief and victory are realized. It welcomes the power and presence of the Holy One into our lives, while reinforcing evidence and truth.*

*How do the following texts illuminate the importance and power of praise and thanksgiving in the sanctified life?  
Judges 5:3, Psalm 30:12, 33:1, 35:18; 1 Chronicles 16:8-12, Roman15:9-11, Matthew 21:15,16*

---

---

---

---