

**“HOW YOU DOING?” OR, “HOW ARE YOU?”**  
**2 CORINTHIANS 13:5-6**

**Introduction**

I want to preach today on a phrase that most of us use with one another near about every time we see one another.

There are many of us today who use phrases such as , “*How are you?*” or sometimes it is “*How are you doing?*” Unfortunately, the use of those phrases is sometimes without sincerity. It just kind of flows out of us without much thought. We can say it without even caring how the other person is doing.

Have you ever asked someone “*How are you doing?*” and when they got through telling you all their problems you wish you hadn’t asked?

In spite of all this, I believe that these phrases are good ones if we are sincere in using them. After all, we who are saved ought to be concerned about how people are!

We should especially be concerned about how people are spiritually!  
*1 Corinthians 12:25* says that we as the members of the body of Christ, “*should have the same care one for another.*”

The fact of the matter is that ALL OF US should be concerned both about HOW WE ARE DOING and HOW OTHERS ARE DOING, especially as it relates to their spiritual walk.

Spiritually speaking, “*How are you*” today?

I believe we ALL need a spiritual checkup from time to time to get a handle on our spiritual health. I think that as we close out one year and begin a New Year, this would be a great time to do that spiritual checkup!

Let’s think about the idea of a spiritual checkup as though we were going to a doctor for a physical. We can follow the example of David that he expressed in *Psalms 139:23-24* “*Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*”

**“HOW YOU DOING?” OR, “HOW ARE YOU?”**  
**2 CORINTHIANS 13:5-6**

By the way, the LORD knows how we are already! *Hebrews 4:13*–“*Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.*”

This examination is for OUR BENEFIT!

Let’s look at some things involved in our Spiritual checkup:

**I. OUR SPIRITUAL CHECKUP INVOLVES CHECKING THE TEMPERATURE OF OUR LOVE FOR JESUS! (John 21:15-17)**

**A. It Is One’s Love For Jesus That Is Important!**

*Matthew 22:37*–“*Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.*”

1. Love for His Church is not the real issue.
2. Love for His Word is not the real issue.
3. Love for His service is not the real issue.

**B. One’s Love For Jesus May Grow Cold!**

*Revelation 2:4*–“*Nevertheless I have somewhat against thee, because thou hast left thy first love.*”

**C. The True Test Of The "Temperature" Of Our Love Is Obedience!**

*John 14:15*–“*If ye love me, keep my commandments.*”

1. Are we obeying cheerfully and joyfully?
2. Is it our burning desire to please him?  
*1 John 2:5*–“*But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.*”
3. It is possible that we are more interested in pleasing self than obeying the Lord.  
*1 John 5:3*–“*For this is the love of God, that we keep his commandments: and his commandments are not grievous.*”

**II. OUR SPIRITUAL CHECKUP INVOLVES CHECKING OUR PULSE RATE!**

**A. As the physical pulse should be consistent and steadfast as opposed to erratic so should our service for the Lord!**

*1 Corinthians 15:58—“Therefore, my beloved brethren, **be ye steadfast**, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”*

**B. Our personal temperaments should be overridden!**

*Romans 6:11—“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.”*

*Galatians 2:20—“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.”*

*Temperature, Pulse Rate. . .*

**III. OUR SPIRITUAL CHECKUP INVOLVES CHECKING UP ON OUR APPETITES!**

**A. Physically it is necessary to eat the right kind of foods if one is to be at his best health wise!**

**B. Spiritually, this is true too! Believers are to be feeding on the Word of God!**

1. Jesus Himself set the example.  
*Matthew 4:4—“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”*

2. Peter was instructed to feed Jesus' lambs and sheep!

3. The milk and meat of the Word are necessary!

**C. Scripture lays out the importance of studying the Word!**

*Psalm 119:2-4—“Blessed are they that keep his testimonies, and that seek him with the whole heart. They also do no iniquity: they walk in his ways. Thou hast commanded us to keep thy precepts diligently.”*

*Psalm 119:10-11—“With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee.”*

*Psalm 119:18—“Open thou mine eyes, that I may behold wondrous things out of thy law.”*

*Psalm 119:129—“Thy testimonies are wonderful: therefore doth my soul keep them.”*

**D. Our spiritual food must be properly digested!**

*Psalm 1:1-2—“I Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.”*

**E. The Word of God must be studied!**

*2 Timothy 2:15—“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”*

*Temperature, Pulse Rate, Appetites. . .*

**IV. OUR SPIRITUAL CHECKUP INVOLVES OUR MENTAL CONDITION!**

**A. Spiritual health is dependent on a quiet and contented mind!**

*Philippians 4:7—“And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”*

**“HOW YOU DOING?” OR, “HOW ARE YOU?”**

**2 CORINTHIANS 13:5-6**

**B. The spiritual mind is not affected by want!**

*Philippians 4:11–“Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.”*

**C. The spiritual mind is not covetous!**

*Hebrews 13:5–“Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”*

**D. The spiritual mind is not in fear of men!**

*Hebrews 13:6–“So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.”*

**V. COMPLETE HONESTY WITH OUR PHYSICIAN IS NECESSARY FOR A PROPER CHECKUP! (Daniel 9:3-19)**

*Isaiah 6:5–“Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the LORD of hosts.”*

*Jeremiah 3:13– “Only acknowledge thine iniquity, that thou hast transgressed against the LORD thy God, and hast scattered thy ways to the strangers under every green tree, and ye have not obeyed my voice, saith the LORD.”*

*1 John 1:9–“If we confess [“say the same thing”] our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”*

**VI. WHAT ADVICE MIGHT OUR SPIRITUAL PHYSICIAN GIVE US?**

**A. Avoid The Things That Disagree With Our Spiritual Health!**

*Romans 12:9–“...Abhor that which is evil; cleave to that which is good.”*

**“HOW YOU DOING?” OR, “HOW ARE YOU?”**

**2 CORINTHIANS 13:5-6**

1. If something lowers the temperature of our love for Christ, we need to abstain from it!  
*Proverbs 3:7–“Be not wise in thine own eyes: fear the LORD, and depart from evil.”*

2. Shun evil companions! (“Yield Not To Temptation”)  
*Proverbs 1:10–“My son, if sinners entice thee, consent thou not.”*

**B. Learn From The Mistakes Of The Past And Of Other People. (1 Corinthians 10:1-13)**

*1 Corinthians 10:11–“Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.”*

**C. Think Upon The Right Kinds Of Things. (Philippians 4:6-9)**

*Isaiah 26:3–“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*

**D. Have Sufficient Exercise And Rest.**

*1 Timothy 4:7–“...exercise thyself rather to godliness.”*

*Proverbs 3:5-6–“Trust in the LORD with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths.”*

**E. Forget About Self And Look To Christ.**

*John 3:30–“He must increase, but I must decrease.”*

*Hebrews 12:2–“Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”*

**“HOW YOU DOING?” OR, “HOW ARE YOU?”**

**2 CORINTHIANS 13:5-6**

**F. Be Filled With The Holy Spirit.**

*Ephesians 5:18–“And be not drunk with wine, wherein is excess; but be filled with the Spirit;”*

**G. Realize That You Are Not Your Own.**

*1 Corinthians 6:19-20–“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”*

**Conclusion**

So, How Is Your Spiritual Health?

**Have you been born again?**

If not, the Bible says that you are spiritually dead in your trespasses and sins.

*(Ephesians 2:1)* But the good news is that Jesus gave His life, so that you might have life!

**If you have been born again, are you growing in your Spiritual life?**

*1 Peter 2:2–“As newborn babes, desire the sincere milk of the word, that ye may grow thereby:”*

*2 Peter 3:18–“But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen.”*

**Do you have a healthy Spiritual life?**

*John 10:10–“...I am come that they might have life, and that they might have it more abundantly.”*