



lifecheck

NIV

Helping You Find the Way



Do you know how to get along in the world? Do you know where you are going when you die? If you have questions about your faith, this simple quiz will help you discover where you stand with God. There are no right or wrong answers, but your response to each question will reveal something about your spiritual condition. When you complete the quiz, you can compare your responses with the explanations given. Use that information to decide if you have a firm belief in Christ or if you need to evaluate your spiritual condition further.

Spiritual Diagnostic Quiz

Read the following statements and check either "Yes" or "No" after each one. Then read what your answer reveals about your spiritual condition.

1. I can tell you when and where I was born.

YES **NO**

If the answer is "yes", write:

Date of birth: _____

Place of birth: _____



2. I know that I have committed at least one sin.

YES **NO**

3. I know that there is a God in heaven who loves me.

YES **NO**

4. I know that Jesus Christ is the Son of God and died on the cross for my sins.

YES **NO**

5. I know that if I admit I am a sinner and ask God to forgive me, He will accept me as if I were as sinless as Jesus.

YES **NO**

6. I can tell you when and where I became a Christian.

YES **NO**

If the answer is "yes", write:

Date of conversion: _____

Place of conversion: _____

7. I have been baptized by immersion in water to represent my faith in Christ and my resolve to follow a new lifestyle.

YES **NO**

8. I enjoy reading the Bible and accept it as my guide for life.

YES **NO**

9. I enjoy doing things that please God and help others.

YES **NO**

10. I enjoy being with Christians.

YES **NO**

11. I am a participating member of a Bible-believing church.

YES **NO**

12. I have shared my faith with friends to encourage them to receive Jesus as their personal Savior.

YES **NO**

13. Sin still appeals to me sometimes, and I have occasionally yielded to temptation.

YES **NO**

14. I have experienced the misery of not confessing sin and have felt the joy of cleansing when I confessed my sins to God.

YES **NO**

15. Because I have been born again, I know that nothing can keep me from going to heaven when I die.

YES **NO**

16. I know that God controls human affairs and Jesus will return to earth to destroy Satan and exalt believers.

YES **NO**

How Did You Respond?

If you checked yes every time, and answered truthfully, you are a born-again Christian and are sure about it. Each no response should serve as a flag identifying an area of your spiritual life that needs further questioning. The next section should prove helpful.



A Closer Look

For a brief explanation of each item on the Spiritual Diagnostic Quiz, compare your answers with the following comments.

1. I can tell you when and where I was born.

Of course, yes is the obvious response; however, as every other member of the human race (except Jesus Christ), you were born with a sinful nature.* What you are, even before what you do, separates you from a holy God.* So, if you have ever been born, you are a sinner.* That's all it takes.

A Look to the Word

***Psalm 51:5** Surely I was sinful at birth, sinful from the time my mother conceived me.

***Ephesians 2:1-3** As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

***Psalm 58:3** Even from birth the wicked go astray; from the womb they are wayward, spreading lies.



2. I know that I have committed at least one sin.

If you answered yes, you have admitted that you are a sinner and acknowledged the Biblical truth that all have sinned.* Sin violates God's perfect law. It only takes one sin to be a sinner.*

A no answer reveals one of two things: you are unsure of what sin is, or you simply are not being truthful.* Before you can receive Christ, you must first admit to God that you are a sinner.

A Look to the Word

***Romans 3:10, 23** As it is written: "There is no one righteous, not even one; for all have sinned and fall short of the glory of God.

***James 2:10, 11** For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. For he who said, "You shall not commit adultery," also said, "You shall not murder." If you do not commit adultery but do commit murder, you have become a lawbreaker.

***1 John 1: 8, 10** If we claim to be without sin, we deceive ourselves and the truth is not in us. If we claim we have not sinned, we make him out to be a liar and his word is not in us.



3 I know that there is a God in heaven who loves me.

If you answered yes, you acknowledged that God is love. God proved His love by sending His Son into the world to be a sacrifice for sinners ** and by raising up people, churches and missionaries to invite others to come to Him for acceptance and deliverance from sin.*

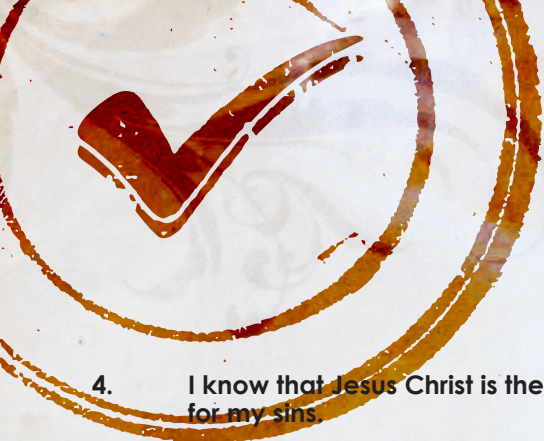
A no answer is either an honest admission of your unawareness of God's love for you, or it is a denial that Jesus came into the world to demonstrate God's love.

A Look to the Word

***John 3:16** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

***I John 4:9, 10** This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

***Revelation 22:17** The Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life.



4. **I know that Jesus Christ is the Son of God and died on the cross for my sins.**

A yes response shows that you are aware of who Jesus is and why He came to earth. Jesus became the substitute for sinners.* The Bible says the result of sin is death.* When Jesus died on the cross, He did not die for His own sins because He had none. He died for your sins.** If you accept by faith His payment for sin, you stand blameless before God.*

If you answered no, you can read the scripture passages cited on the next page that make it clear that Jesus died for your sins to set you free.

A Look to the Word

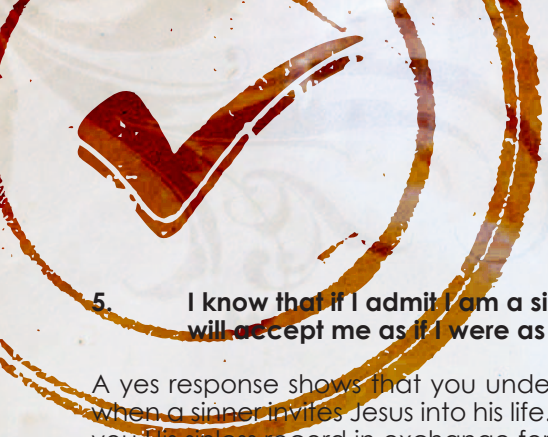
***Romans 8:3** For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh,

***Romans 6:23** For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

***Isaiah 53:6** We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all.

***I Peter 2:24** "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."

***II Corinthians 5:21** God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.



5. **I know that if I admit I am a sinner and ask God to forgive me, He will accept me as if I were as sinless as Jesus.**

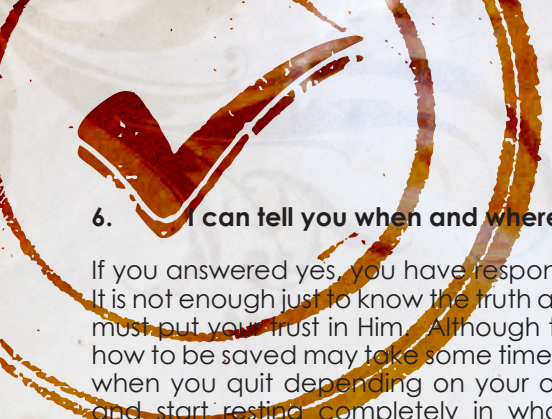
A yes response shows that you understand the trade-off that takes place when a sinner invites Jesus into his life. As incredible as it seems, Jesus offers you His sinless record in exchange for every sin and mistake you have ever made or will ever make. Just as His death took care of your sins, Jesus' life met God's demand for holiness and perfection. Jesus' perfection is credited to you when you believe, and that makes you righteous in the sight of God. Jesus' life on earth was more than just a good example for you to copy. He came to earth to be your substitute, to take your place. When you accept Him as your Savior, God treats you as if you were as holy and sinless as Jesus. Jesus' record was given to you at your moment of faith in Jesus and is your only ticket to heaven.**

If you answered no, you have not grasped the full provision of God's gracious salvation that He offers to sinners, but, now you know!

A Look to the Word

***Romans 4:4-8** Now to the one who works, wages are not credited as a gift but as an obligation. However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as righteousness. David says the same thing when he speaks of the blessedness of the one to whom God credits righteousness apart from works: "Blessed are those whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord will never count against them."

***Romans 8:1-4** Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.



6. I can tell you when and where I became a Christian.

If you answered yes, you have responded to the biblical truth about Jesus. It is not enough just to know the truth about Him. You must respond to it. You must put your trust in Him. Although the process of coming to understand how to be saved may take some time, you must eventually come to a point when you quit depending on your own goodness and accomplishments and start resting completely in what Jesus did. At that moment you are "born again". Your spirit is changed to give you a completely new nature.*** This step is a memorable occasion, because it is a conscious, deliberate decision to turn from sin and to trust in Christ. It is not necessary for you to remember the exact date when that happened, but you should remember the experience when you quit trying to be good enough to go to heaven and simply started resting in the love of God and sacrifice of Christ. Becoming a child of God occurs instantly at the moment you fully depend on Jesus. Only you and God know whether that has happened in your life.

If you answered no, you can be saved today, right where you are, if you believe the biblical facts presented above, feel a genuine sorrow for your sins and in faith call on God to be merciful to you. He takes over from there, giving you new life inside, a desire for a new lifestyle, and the guarantee of life in heaven.

A Look to the Word

***John 1:12-13** Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God-- children born not of natural descent, nor of human decision or a husband's will, but born of God.

***John 3:3** Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."

***Titus 3:4-7** But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.



7. **I have been baptized by immersion in water to represent my faith in Christ and my resolve to follow a new lifestyle.**

If you answered yes, you have proved your desire to do the will of God. Examples in the New Testament show that one of the first acts of obedience to Christ after salvation is being baptized.*** Scriptural baptism is the immersion of a believer in water by the authority of a scriptural church. It is a testimony of your new life in Christ and your genuine desire to follow Him as Lord of your life. A desire to be baptized is some of the earliest evidence of salvation a true believer will demonstrate.

If you answered no, is it because you are unsaved or because you are unsure of what the Bible teaches about baptism? If it is simply a refusal to submit to God's stated will, that constitutes rebellion, and that's an attitude that is inconsistent with faith.

A Look to the Word

***Acts 2:41** Those who accepted his message were baptized, and about three thousand were added to their number that day.

***Acts 10:47, 48** "Surely no one can stand in the way of their being baptized with water. They have received the Holy Spirit just as we have." So he ordered that they be baptized in the name of Jesus Christ. Then they asked Peter to stay with them for a few days.

***Romans 6:3, 4** Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.



8. I enjoy reading the Bible and accept it as my guide for life.

If you answered yes, that's an encouraging sign that you are a true believer. When you are saved, you begin to love Jesus Christ and are hungry for His words. He speaks to you through His Word, the Bible.** When you become a believer, the Bible is no longer a dead, dry book.

If you answered no, you must be looking elsewhere for guidance or relying on your own intuition. In either case your lack of commitment to the Bible reflects a continuing questioning of God's will.

A Look to the Word

***Psalm 1:1, 2** Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night.

***Psalm 119:97, 103, 105** Oh, how I love your law! I meditate on it all day long. How sweet are your words to my taste, sweeter than honey to my mouth! Your word is a lamp for my feet, a light on my path.



9. **I enjoy doing things that please God and help others.**

A yes answer is another good sign. One evidence of salvation is the change of motivation you experience for doing good deeds. After salvation, you do good from the heart instead of from feelings of obligation or guilt.*

A no answer raises a question about whether you have experienced the internal change that salvation produces.

A Look to the Word

***Ephesians 6:5-8** Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. Serve wholeheartedly, as if you were serving the Lord, not people, because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.



10. I enjoy being with Christians.

Be encouraged if you answered yes. You are drawn to other Christians after salvation.* Your most satisfying friendships are with fellow members of God's family.* Worship with other believers becomes a joy rather than a dreaded routine because of the mutual encouragement it provides.*

If your response was no, it is evident that you prefer the company of unbelievers over the company of God's people. That is a sign that you do not find much in common with believers and may not belong to the family of God.

A Look to the Word

***I John 3:14** We know that we have passed from death to life, because we love each other. Anyone who does not love remains in death.

***Mark 3:35** Whoever does God's will is my brother and sister and mother."

***Hebrews 10:24, 25** And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.



11 I am a participating member of a Bible-believing church.

A yes answer is another positive sign. For true believers, church takes on new meaning after salvation. Church membership offers you many advantages. It encourages you in your Christian walk, its corporate Bible study guides you in doctrine, its worship services help you experience God, its structure gives order to the exercise of your spiritual gifts, its fellowship sweetens your personality, and its association with mature believers offers you positive role models, powerful prayer partners* and comforting friends.* Most of all, it multiplies your potential for effectiveness* and for bringing glory to God.*

A no answer should raise another flag. It could be the result of never having been saved. If you are a Christian but uninvolved in church, you severely cripple your Christian testimony. When you profess to love Christ and at the same time show a lack of interest in His bride, the church, that is a serious contradiction.

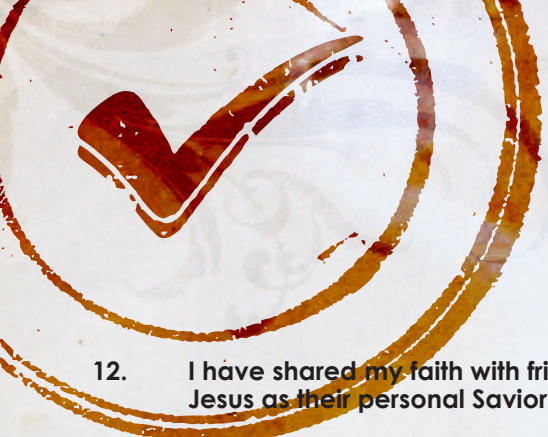
A Look to the Word

***Acts 12:5** So Peter was kept in prison, but the church was earnestly praying to God for him.

***Galatians 6:2** Carry each other's burdens, and in this way you will fulfill the law of Christ.

***Matthew 5:14-16** "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

***Ephesians 3:20, 21** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.



12. I have shared my faith with friends to encourage them to receive Jesus as their personal Savior.

A yes answer indicates that something real has taken place in your heart. In the New Testament, new believers went immediately to tell others what had happened to them.* True believers today still do that to friends and family* and to the church.*

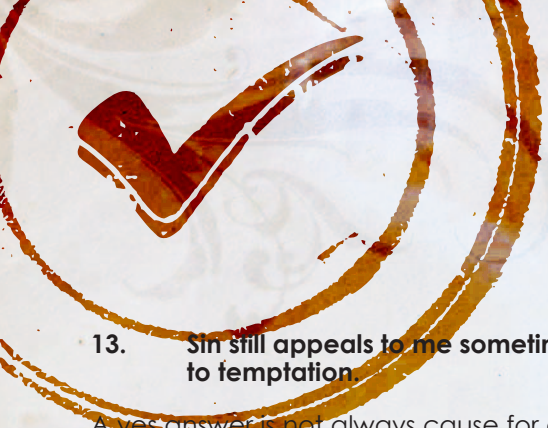
If you said no, could it be because you have experienced nothing and so have nothing to talk about? Even shy and bashful people can tell their friends if Jesus has really come into their hearts. Life changing joy must be shared.

A Look to the Word

***Mark 5:18-20** As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him, but said, "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you." So the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.

***John 4:28-30** Then, leaving her water jar, the woman went back to the town and said to the people, "Come, see a man who told me everything I ever did. Could this be the Messiah?" They came out of the town and made their way toward him.

***1 Timothy 6:12** Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.



13. Sin still appeals to me sometimes, and I have occasionally yielded to temptation.

A yes answer is not always cause for alarm. It is not a sign that you are not a Christian. Even the mighty Apostle Paul had a daily struggle with sin.* Be alarmed when sin gets the upper hand in your life and leads you away from God. If you are truly a child of God, your heavenly Father will discipline you for your disobedience, but He will never disown you.*

A no answer is a denial of sin in your life and the power it has over you. Such denial makes you a prime target for Satan. He will catch you off guard and entice you to sin.*

A Look to the Word

***Romans 7:21-23, 25** So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.

***Hebrews 12:5-7, 11** And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son." Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

***II Corinthians 2:11** in order that Satan might not outwit us. For we are not unaware of his schemes.



14. I have experienced the misery of unconfessed sin and felt the joy of cleansing when I confessed my sins to God.

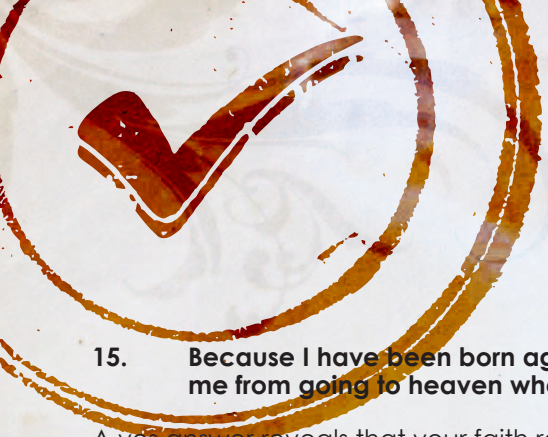
A yes answer is good news. Positive signs that you have been saved are your sorrow for sin and your unwillingness to maintain a sinful lifestyle.** If you persist in sinful conduct, you either have never been saved, or you are living disobediently from God.

A no answer reflects a failure to come to grips with the fact that there is sin in your life and a need to repent. This applies whether you are already a Christian or still an unbeliever.

A Look to the Word

***Psalm 32:3-5** When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.

***1 John 1:8, 9** If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.



15. Because I have been born again, I know that nothing can keep me from going to heaven when I die.

A yes answer reveals that your faith rests in Jesus Christ alone. Many things about the future may disturb you, but you can rest assured that you will never lose your salvation or place in heaven.**** You can be sure about that because nothing about your salvation depends on you; it is completely the work of God. Such assurance can help you face the future in peace.

A no answer reveals an insecurity about the future. If you believe that sin in your life can cause you to lose your salvation, ultimately you are depending upon your own works for eternal security and denying the effectiveness of the finished work of Jesus Christ.

A Look to the Word

***John 5:24** “Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.

***Psalm 37:23, 24** The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.

***Romans 8:31, 38, 39** What, then, shall we say in response to these things? If God is for us, who can be against us? For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

***Jude 24** [Jesus] is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—



16. I know that God controls human affairs and Jesus will return to earth to destroy Satan and exalt believers.

A yes answer reveals a settled confidence in the ultimate outcome of history. God has revealed in His Word where history is going. You are on God's side, and His side will prevail.*

If your answer is no, you need to learn more about the God of the Bible and His sovereignty over the universe and your life. That's a knowledge that will give you peace if you belong to Him.

A Look to the Word

***II Thessalonians 1:6-10** God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with his powerful angels. He will punish those who do not know God and do not obey the gospel of our Lord Jesus. They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might on the day he comes to be glorified in his holy people and to be marveled at among all those who have believed. This includes you, because you believed our testimony to you.

What Does It All Mean?

You have completed the quiz and reviewed each response. Perhaps you sensed a certain grouping of the items on the quiz. Items 1-5 focus on facts you must know before you can be saved. Number 6 pinpoints the act that brings conversion, and that is faith. Items 7-14 identify typical and natural responses of the believer that show the fruit of becoming a Christian. The last two reveal the settled confidence of a mature child of God with a biblical perspective on the future. Now, let's analyze your score.

1-5: Facts _____

6: Faith _____

7-14: Fruit _____

15-16: Future _____

Count the number of yes responses in items 1-5 and write the number in the "facts" blank. If you have three or more, you have sufficient information to know how to become a child of God. If you have less than three yes responses, you need to talk to a Christian friend you trust for further guidance.

If you answered yes to item 6, write "saved" in the "faith" blank. If your answer was no, write "lost" in that blank. A yes response to item 6 indicates that you have trusted Jesus and have been born into the family of God. A no response reveals that Satan, not God, is your spiritual father and that you are living in daily danger of dying, unprepared to meet God, and being sent to hell for all eternity.

Count your yes responses in items 7-14 and record the number in the "fruit" blank. The more of those eight items that received a yes, the more evidence you have that you belong to God. Remember, items 7-14 are not things that gain salvation; they are products of salvation.

In the "future" blank, write the number of yes responses to the last two items. If you had two positive responses, you know that your salvation is eternally secure and that God is in control of your destiny. You have a healthy, scriptural outlook on life. If you had only one or no yes response, you need further reassurance. Study the scripture passages cited to find that reassurance.

Above all, be sure about item 6. It is the pivotal point. A no answer means that you have not taken the step of faith that is essential for salvation. Even though you may believe them intellectually, you have not responded with faith to the facts presented in items 1-5, and that makes items 7-16 irrelevant questions.

What Did You Conclude?

This booklet is not designed to give you a conclusive answer about your relationship to God. It is presented only as a guide to help you search the scriptures to find the answer for yourself. If you are sincere in your search for the truth, God Himself will settle your mind. Prayerfully seek His help. Then from the following statements complete the one that best describes your personal situation:

I am not a Christian because...

I know I am a Christian because...

I would like to become a Christian but still have a question about...

*If you desire further help or have specific questions, you may write
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You will receive a prompt and confidential reply.*

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