

Uncovering Spiritual Warfare within the Church today

The four (4) Characteristics of an Awakened Personal Spirit is dealing with your

- 1) Physical (exercise, nutrition, stress, management),
- 2) Emotional / Social (service, empathy, synergy, intrinsic security),
- 3) Mental (reading, visualizing, planning and writing) and
- 4) Spiritual (Value, Clarification & Commitment, Study and Meditation)

Answer the degree to which you feel Your Spirit is Awake in each Characteristic. ('yes' means most awake – 'no' means least awake)

1. Yes / No Are the sexual relations in your marriage deeply fulfilling that cause you to cherish only your spouse as a sexual partner?
2. Yes / No Are you often depressed?
3. Yes / No Can you sense God's presence in your devotional time?
4. Yes / No Do you ever have spiritual dreams or visions, or know in some other way with certainty what God is saying to you?
5. Yes / No Do you feel spiritually alive?
6. Yes / No Do you find it difficult to maintain a positive attitude?
7. Yes / No Do you find it uncomfortable to be alone, preferring always to have someone with you, to go shopping, to travel, to study, even to be entertained?
8. Yes / No Do you have a good sense of humor? Are you able to enjoy a good belly laugh?
9. Yes / No Do you have difficulty getting from praise to worship?
10. Yes / No Do you have several personal friends you share with regularly?
11. Yes / No Do you perceive yourself as uncommonly vulnerable to illness?
12. Yes / No Do you rebound very slowly from fatigue, a cold, or the flu?
13. Yes / No Do you have a number of close relationships that, through good times and bad, have remained strong over a period of time?
14. Yes / No Do you successfully maintain a healthful and positive attitude and rebound from minor illnesses with quick resilience?
15. Yes / No Do you thrill to good music and art?
16. Yes / No Does your personal sense of right and wrong work powerfully to alert you to moral and ethical danger areas and enable you to make good decisions to stay out of trouble?
17. Yes / No During times of prayer and private devotions, can you feel God's presence lifting you up in a real way?
18. Yes / No Have you ever had the experience of reading a book when you were distracted, or your mind was wandering onto other things?
19. Yes / No How comfortable are you in sharing with your friends about the most personal things in your life?
20. Yes / No When you talk with a person, can you comfortably maintain eye contact and stay focused on the conversation?

If you answered "YES" to the above questions, you are either Spiritual Energetic, becoming Spiritually Weary, are Spiritually Drained or you are totally Spiritual Exhausted.

0-5 You are Spiritual Energetic

6-10 You are becoming Spiritually Weary

11-15 You are Spiritually Drained

16-20 You are totally Spiritual Exhausted