

SERMON OUTLINE & DISCUSSION QUESTIONS  
DECEMBER 5, 2021

**A SPIRITUAL MEDICAL EXAM**  
**PROVERBS 4:20-27**

**MAIN THOUGHT & OUTLINE**

By the wisdom of the Word of God examine & address your spiritual health from heart to toe and be secured in your spiritual life.

- I.** The Standard for Examination (v.20-22)
- II.** Examine Your Heart Above All (v.23)
- III.** Examine Your Mouth, Eyes, and Feet (v.24-27)

**QUESTIONS FOR REFLECTION & DISCUSSION**

- 1. What do you think of a spiritual medical examination? Why can this only be done in the presence of the Great Physician?
- 2. How could you build spiritual examination into your regular spiritual exercises? What would it look like?
- 3. Why is the heart the most important part of our spiritual lives? Why would it be futile to begin examination anywhere else?
- 4. Why does the call to spiritual examination require the knowledge of Biblical wisdom and teaching?
- 5. How would you encourage a brother or sister in Christ who is skeptical of such examination?

**FURTHER READING:** Gen 19:17; Deut 5:32; 1 Kings 11:3-4; Lk 6:45; Phil 3:13-14; 1 Tim 4:8; Heb 12:2