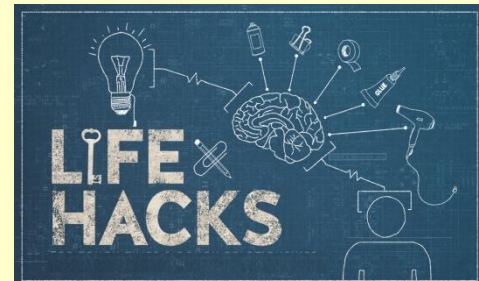


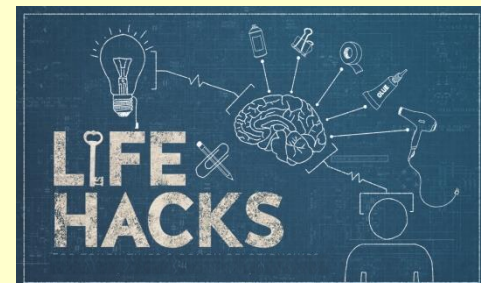
Life Hacks: Regular Checkups

2 Corinthians 13:5-9



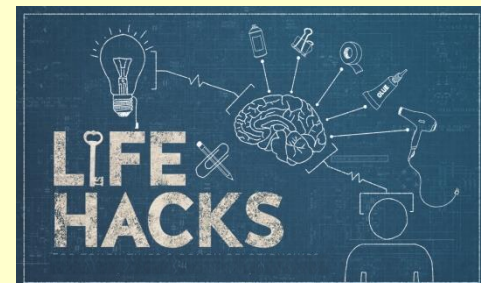
Regular Checkups

- **Think something might be wrong**
- **Think everything is alright**
- **Think we are just too busy**
- **Think we don't want to be reminded of failures**
- **The faster things change, the more often we need a checkup**



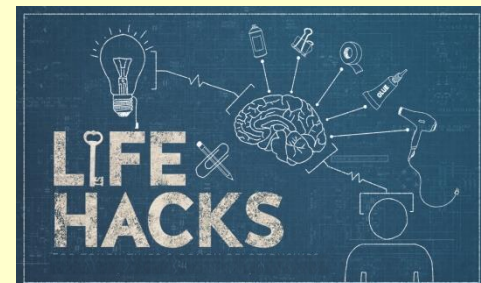
Fix What Needs Fixing

- **Don't drift**
- **Take action**
- **If your test results are normal, that is a fail**
- **Bring in a professional when needed**



Celebrate the Results

- **We celebrate the limitations**
- **We celebrate our strengths**
- **We celebrate our triumphs**



Life Application

- **Set up regular spiritual checkups with your person based on the rate of change in your life**
- **Bring in a specialist if your checkup warrants a referral**
- **Work with that person to fix what needs fixing and celebrate all your findings**

