



a  
**sanctuary**  
for your  
**soul**

**spiritual health checklist**

## **A Sanctuary for Your Soul: A Checklist**

**SANCTUARY:** “A Sacred Space to Meet with God.”

God has ALWAYS longed to share “sanctuary” with His children. From the very beginning, He made us in His image, a word meaning “shadow.” Just as there is no separation between you and your shadow, God never wanted separation with us. In our decision to sin, we chose separation, hiding, fear, and control. But God still longed for “sanctuary,” telling Moses:

“Let them make me a *sanctuary*, that I may dwell in their midst.” *Exodus 25:8*

The people did, and for many years, God dwelt with his people in the tabernacle and then in the temple. But there was still a fuller expression to be experienced. When Jesus appeared, John shouted in delight:

“The Word became flesh and dwelt (tabernacled/sanctuaried) among them.” *John 1:14*

Jesus came AS the very sanctuary of God in our midst. Going to the Cross, He tore every veil of separation between us and God...and it gets even better. Today, God’s Word says that WE are His sanctuary:

“Do you not know that you are God’s temple and God’s Spirit dwells in you?” *1 Corinthians 3:16*

Today, we are the “sanctuary,” the sacred space to commune with God. **How could believing that change how you live today?** God invites us, as holy sanctuaries, to continually renew our minds and to draw near in intimacy with Him!

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**“JESUS IS THE  
SANCTUARY  
FOR OUR  
SOULS...AND  
WE ARE A  
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FOR HIM!”**

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*Answer the following questions to help you see if you are creating “sacred space” to meet with God in your daily life... and where He is inviting you to partner with His Spirit and GROW!*

### **1. Spiritual Check**

- I struggle to consistently spend quiet time with God, or feel too rushed.
- I find it hard to pray, read Scripture, or worship without distraction.
- Many/most days, God feels distant, or we feel “out of step” with each other.
- I often put things on my schedule or make commitments without thinking to ask God for His direction.

## 2. Emotional & Mental Check

- I frequently feel overwhelmed, anxious, or stressed.
- I struggle to focus, slow down, or enjoy the present moment.
- I am nearly constantly thinking about my to-do list, even during rest.
- I feel guilty when I take time to rest.

## 3. Physical Check

- I am not regularly getting enough sleep, and am exhausted most days.
- I rely on caffeine, sugar, or adrenaline to keep going.
- I have frequent headaches, tension, or other stress-related symptoms.
- I am neglecting exercise or proper nutrition because I'm too busy.

## 4. Relational Check

- I struggle to be fully present with family or friends.
- I am often short-tempered, irritable, or impatient with people around me.
- I feel isolated because I don't have time for meaningful relationships.
- I have been saying "yes" to too many commitments, leaving no time for rest.

## 5. Time & Priorities Check

- My schedule is packed with activities but little margin for rest.
- I feel like I'm always rushing from one thing to the next.
- I am prioritizing "the tyranny of the urgent" over what truly matters.
- I am neglecting Sabbath rest or downtime to recharge.

## 6. Joy & Contentment Check

- I often feel drained rather than fulfilled by my daily activities.
- I am doing things out of obligation rather than calling or joy.
- I find myself complaining often about how busy I am.
- I often lose sight of gratitude and the ability to enjoy simple moments.

## Final Reflection:

- If you checked **5-12 boxes**, it is time to slow down, re-evaluate priorities, and make room for God's peace.
- If you checked **13-24 boxes**, you are likely living in a state of *chronic busyness* that is robbing you of joy and spiritual well-being.
- If you checked **4 or less boxes**, you have a good balance but should still stay aware and intentional.