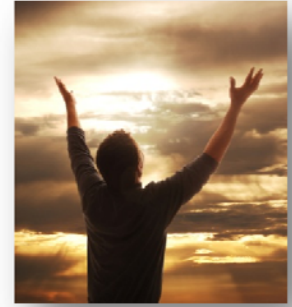


## It is Well With My Soul

---



***It is well with my soul.*** Is it? This is the name of an old favorite hymn. Bible-believing Christians should be able to say this at any time in our lives. Can we? In spite of grief, pain, inconvenience, undesirable circumstances, or other less than perfect conditions in life, we should be prepared to say “It is well with my soul.” The circumstances behind this song cause us to think carefully about the state of our soul “wellness.”

This hymn was written in 1873 by Horatio Gates Spafford after two major traumas in Spafford's life. The first was the great Chicago fire of October 1871, which ruined him financially (he had been a wealthy businessman). Shortly thereafter, while crossing the Atlantic, all four of Spafford's daughters died in a collision with another ship. Spafford's wife Anna survived and sent him the now famous telegram, "Saved alone." Several weeks later, as Spafford's own ship passed the spot where his daughters died, the Holy Spirit inspired these words. They speak to the eternal hope that all believers have, no matter what pain and grief we experience on earth.

**Music:** "Ville de Havre," Philip Paul Bliss, 1876

The tune is named after the ship on which Spafford's children perished, the *S.S. Ville de Havre*.

1. When peace, like a river, attendeth my way, when sorrows like sea billows roll;  
whatever my lot, thou hast taught me to say, It is well, it is well with my soul.

**Refrain:** It is well with my soul, it is well, it is well with my soul.

2. Though Satan should buffet, though trials should come, let this blest assurance control,  
that Christ has regarded my helpless estate, and hath shed his own blood for my soul.
3. My sin, oh, the bliss of this glorious thought! My sin, not in part but the whole,  
is nailed to the cross, and I bear it no more, praise the Lord, praise the Lord, O my soul!
4. And, Lord, haste the day when my faith shall be sight, the clouds be rolled back as a scroll;  
the trump shall resound, and the Lord shall descend, even so, it is well with my soul.

## Even so, it is well with my soul.

It is good sometimes to take stock of where we are, what we are feeling, thinking, and knowing. Take the following self assessment to see what areas of your life may be preventing you from experiencing a “wellness” of your soul, and what areas may need some prayer and work. There are 100 questions here. That is a quite a lot, but even still it isn’t “all inclusive.” Think about what other areas of your life may not be experiencing complete “wellness” while you complete these.

Be honest when you rate these statements. We certainly aren’t fooling anyone except ourselves. God knows the truth, and most of the time...so do others around us. Look for the scoring and personal devotional information on the last page.

#	PERSONAL STATEMENTS	RATING (Circle One)					
	On a scale of 0 to 5, with 5 being the highest or most, rate yourself on the following personal statements. For example, number one reads "I am a happy person." If that describes you all of the time, circle "5." If it never describes you, circle the "0." (and anything in between, circle any of the other numbers)	ALL the time	MOST of the time	HALF the time	SOME of the time	HARDLY EVER	NEVER
1	I am a happy person.	5	4	3	2	1	0
2	I am always in a good mood.	5	4	3	2	1	0
3	I experience joy every day.	5	4	3	2	1	0
4	I consider myself blessed beyond measure.	5	4	3	2	1	0
5	I am well aware of the gift God has given me, and I am thankful daily.	5	4	3	2	1	0
6	I am not a "worrying" person.	5	4	3	2	1	0
7	I always trust God completely.	5	4	3	2	1	0
8	I have a great relationship with Jesus. I know Him well and He knows me.	5	4	3	2	1	0
9	My prayer life is healthy, active and consistent.	5	4	3	2	1	0
10	I love hearing and studying God's Word.	5	4	3	2	1	0
11	My personal circumstances do not shake my faith.	5	4	3	2	1	0
12	Things I see in the world do not shake my faith.	5	4	3	2	1	0
13	God is sovereign in my life. He is my highest priority over all else.	5	4	3	2	1	0
14	I know I am a sinner and have accepted the atoning blood of Jesus as complete covering and absolution of my sins.	5	4	3	2	1	0
15	I am completely assured of my future in heaven.	5	4	3	2	1	0
16	The future on earth does not scare me.	5	4	3	2	1	0
17	I am not envious of other people or others' things.	5	4	3	2	1	0
18	I am content in the Lord at all times.	5	4	3	2	1	0
19	As far as I am able, I conform my life to what I know God expects, and what pleases Him, and I do it willingly and gladly.	5	4	3	2	1	0
20	I yearn for others to know Jesus, and actively accept every opportunity God gives me to witness to them of His love, either in words or deeds.	5	4	3	2	1	0
21	I have a good working knowledge and acceptance of God's Word.	5	4	3	2	1	0
22	I am happy with "who" I am.	5	4	3	2	1	0
23	I know all of my needs will be supplied by my God who loves me.	5	4	3	2	1	0
24	My relationships are all healthy, strong and Godly.	5	4	3	2	1	0
25	I am completely ready to be with the Lord forever.	5	4	3	2	1	0

26	I consider myself a stranger in this world, sojourning here until my home in heaven is ready.	5	4	3	2	1	0
27	I do not align myself with the world's values or standards.	5	4	3	2	1	0
28	Whether or not I understand it, I completely trust and believe in God's Word and plan.	5	4	3	2	1	0
29	I spend consistent and meaningful time with God daily.	5	4	3	2	1	0
30	I always feel God's guidance and grace in my life.	5	4	3	2	1	0
31	I am not ashamed of my faith.	5	4	3	2	1	0
32	My faith is solid.	5	4	3	2	1	0
33	I am "right" with the Lord.	5	4	3	2	1	0
34	Stress is a foreign word to me.	5	4	3	2	1	0
35	I acknowledge God in all my "ways."	5	4	3	2	1	0
36	The only thing I "strive" for in life is to please God.	5	4	3	2	1	0
37	I am actively using my God-given gifts to His glory and in His service.	5	4	3	2	1	0
38	I wait upon the Lord for all my decisions.	5	4	3	2	1	0
39	I regularly confess to God my shortcomings and ask His forgiveness.	5	4	3	2	1	0
40	I have an "abundant" life.	5	4	3	2	1	0
41	I am never anxious.	5	4	3	2	1	0
42	I do not have unconfessed sin in my life.	5	4	3	2	1	0
43	The things that break God's heart, break mine.	5	4	3	2	1	0
44	My mind is set on things above, not on things of this earth.	5	4	3	2	1	0
45	I am a patient person.	5	4	3	2	1	0
46	I look eagerly for God's prophecies to be fulfilled.	5	4	3	2	1	0
47	I am completely humbled by the grace and mercy of God shown to me.	5	4	3	2	1	0
48	I show mercy and grace to others.	5	4	3	2	1	0
49	I know my purpose in life.	5	4	3	2	1	0
50	I do not fear death.	5	4	3	2	1	0
51	I know that without God I can do nothing, but with Him I can do anything He directs me to do.	5	4	3	2	1	0
52	I do not compromise with the world.	5	4	3	2	1	0
53	I have completely forgiven others for their wrongs to me.	5	4	3	2	1	0
54	I have asked forgiveness from all those I have wronged.	5	4	3	2	1	0
55	I am always at peace.	5	4	3	2	1	0

56	I have “ought” against no one.	5	4	3	2	1	0
57	I have no bitterness in my life.	5	4	3	2	1	0
58	My body is the temple of the Holy Spirit, and I care for it accordingly.	5	4	3	2	1	0
59	My past does not interfere with my present and my future.	5	4	3	2	1	0
60	I am able to love others with a Godly love.	5	4	3	2	1	0
61	I do not judge others.	5	4	3	2	1	0
62	I am available to all those I believe God directs to me.	5	4	3	2	1	0
63	I am always honest.	5	4	3	2	1	0
64	I always practice the “golden rule.”	5	4	3	2	1	0
65	I look for, and expect, God to act in my life, and the lives of others.	5	4	3	2	1	0
66	I know my life belongs to God, and willingly offer it for His use.	5	4	3	2	1	0
67	I am always pleasant, even to those who may be unpleasant to me.	5	4	3	2	1	0
68	Material things are of no importance to me.	5	4	3	2	1	0
69	I believe God loves me dearly. I am His precious child.	5	4	3	2	1	0
70	I am not self-serving.	5	4	3	2	1	0
71	I am looking forward to the return of Jesus.	5	4	3	2	1	0
72	I do not keep company with immorality.	5	4	3	2	1	0
73	I consciously guard my heart and mind against the lies of the world.	5	4	3	2	1	0
74	I am not prideful.	5	4	3	2	1	0
75	I am not arrogant.	5	4	3	2	1	0
76	I freely give to others as God directs.	5	4	3	2	1	0
77	My life has no importance in itself. It’s only worth is in God’s purpose.	5	4	3	2	1	0
78	I am ready to appear before the judgment seat of Christ ( <i>this is not the White Throne judgment!</i> ).	5	4	3	2	1	0
79	I am completely submitted to God’s plan for me.	5	4	3	2	1	0
80	I exercise excellent self-control.	5	4	3	2	1	0
81	Worldly passions and desires have no place in my life.	5	4	3	2	1	0
82	I consistently walk my talk.	5	4	3	2	1	0
83	Love for others is always present in my interactions with people.	5	4	3	2	1	0
84	I do not rely on my own understanding of things, but accept God’s wisdom, His sovereignty and power in my life.	5	4	3	2	1	0
85	I am always obedient to God’s direction in my life.	5	4	3	2	1	0
86	I know how to stand against the Enemy.	5	4	3	2	1	0

87	I believe that nothing can separate me from the love of God.	5	4	3	2	1	0
88	I have high self-esteem, but it is based on God's work in my life, not upon anything I do.	5	4	3	2	1	0
89	I support wholeheartedly my brothers and sisters in the Body of Christ.	5	4	3	2	1	0
90	I believe the only wisdom worth having is God's wisdom.	5	4	3	2	1	0
91	Everything I do, I do it as if doing it for God Himself.	5	4	3	2	1	0
92	I am not a grumbler or complainer.	5	4	3	2	1	0
93	I am always thankful – for everything!	5	4	3	2	1	0
94	I make every effort to increase my understanding of God's Word.	5	4	3	2	1	0
95	I am convinced and assured of the ultimate victory of God in all things.	5	4	3	2	1	0
96	My life is a model to those outside the faith.	5	4	3	2	1	0
97	I love Jesus with all my heart, my mind and my soul. There is nothing or no one I love more.	5	4	3	2	1	0
98	I always look for the lessons God wishes to teach me in events and circumstances He allows.	5	4	3	2	1	0
99	I never grow weary in doing what God has directed me to do.	5	4	3	2	1	0
100	It is definitely well with my soul.	5	4	3	2	1	0
	<b>TOTALS FOR EACH COLUMN</b>						
	<b>GRAND TOTAL</b>						

**Scoring:** Here's an easy scoring method. Count the number of "5" responses, and each response after that. Put the number of that response next to the blank below, then multiply it out for a total score. (i.e., if you had 25 questions answered with a "5", place 25 in the left blank, then multiply 5 X 25 to get 125, which you would put in the right blank. After doing this for all of the possible ratings, add the totals in the right columns to get your total score.)

\_\_\_\_\_ # of 5's (5 X #) = \_\_\_\_\_

\_\_\_\_\_ # of 4's (4 X #) = \_\_\_\_\_

\_\_\_\_\_ # of 3's (3 X #) = \_\_\_\_\_

\_\_\_\_\_ # of 2's (2 X #) = \_\_\_\_\_

\_\_\_\_\_ # of 1's (1 X #) = \_\_\_\_\_

\_\_\_\_\_ # of 0's (0 X #) = 0!

**MY TOTAL SCORE** \_\_\_\_\_

#### RANK YOUR RATING

- 500** You are not really here. You are already in heaven!
- 400—499** You can truly say it is well with my soul, but even you could use a little of God's peace and work in your spirit. That's why you are still here!
- 300—399** It is fairly well with your soul, but you often struggle with that peace. You have some areas that need some work.
- 200—299** Your soul is not well. You need to pay attention to those areas that show unrest, a need for work, and a need for God's grace and guidance.
- 101 – 199** Your soul is in turmoil and not experiencing the peace of God.
- 100** You are dead inside and sorely need the peace of God. It is a wonder that you can survive at all!

## Now What?

Go back and look at your answers that fall short of a perfect score (5). How can you raise your rating in that area? Do any of your answers fall into “clusters” or groups like issues dealing with, for example, fear, faith, sin, etc. Ask God to help you in these areas. Come before Him with a sincere heart to change and receive all that He has for you, not what you have. We cannot find a wellness in our souls without Him and without His working by the power of the Holy Spirit. If you are one of those who thinks that you can make yourself be happy, or provide all you need in life to be happy, you will never achieve a wellness or peace in your soul. Admit to Him your mistakes, and your need for His presence and plan.



1. What statements do you want to pursue for possible further work with God to improve your “wellness” rating?
2. What are possible “clusters” or groups of responses that show a general need in certain areas? How will you pray about this?
3. What are you going to do now with this information?
4. Does this matter to you? Enough to make a commitment to pray on it and give it into God’s hands with your cooperation? Do it now!

## FINAL THOUGHTS....

We remember the words of the prophet Habakkuk when God revealed to Him the awful plan of destruction of the Jews coming upon them. Habakkuk was indignant that God had not judged his sinful people. God showed Habakkuk that He had a plan for judgment that would be very terrible. He was raising up the Babylonians to destroy them. After hearing all of this, and knowing the terrible times coming, Habakkuk uttered this remarkable statement: *“Though the fig tree may not blossom, nor fruit be on the vines; Though the labor of the olive may fail, and the fields yield no food; Though the flock may be cut off from the fold, and there be no herd in the stalls— Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God is my strength; He will make my feet like deer’s feet, and He will make me walk on my high hills.”* (Habakkuk 3:17-19). This amazing statement of faith indicated this prophet’s “wellness” in his soul. No matter what, he would be at peace with God, even rejoice in Him. May we be able to say and do the same!

*Ask God to reveal other areas in your life that may keep you from experiencing complete wellness in your soul. May you have His abundant peace always!*