

Maintaining Our Spiritual Health

April 17, 2011

Unless otherwise stated, all scripture references are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Notes from the message Maintaining Our Spiritual Health - Sunday April 17, 2011

Page | 1

Preach the Gospel to yourself regularly

On Good Friday Jesus was condemned. There is therefore now no condemnation for those who are in Christ Jesus. <http://bible.us/Rom8.1.ESV>

Read and study the Bible regularly

Listen to worship or uplifting music

Pray

Fast

Fellowship

- Simply being in a room with people is not fellowship.
- Find out about each other by asking questions.
- Pray for each other

Get over offenses quickly

- Forgive those who hurt you
- Pray for them
- Do good to them even if it is not returned
- Speak with them and do your best to get things cleared up

Guard your heart against all forms of pride

- Overt
- Covert
- Spiritual

Keep in good physical shape

- Rest
- Recreate
- Keep active
- Keep hydrated

<http://health.ninemsn.com.au/menshealth/healthandfitness/8236039/do-you-know-t-he-health-benefits-of-water>

Keep in good financial shape

- Prepare a budget
- Stick to your budget
- Live without a credit card if you can or keep a very small limit and try not to be tempted to increase it
- Save for your future and regular holidays

<http://blog.mybudget.com.au/2011/04/manage-good-debt-minimise-bad-debt.html>

Be an encourager

- Be genuine
- Initiate and don't always wait to be encouraged
- When you think of people pray for them or txt, call or inbox them