

# KEYS TO SPIRITUAL HEALTH: BECOME **FORTIFIED** IN THE LORD!

SPIRITUAL HEALTH ENCOURAGES PHYSICAL, PSYCHOLOGICAL AND EMOTIONAL HEALTH!



## 1. **F**ully confess your sin!

*Proverbs 28:13-14 says, "People who conceal their sins will not prosper, but if they confess and turn from them (repent), they will receive mercy."*

*1 John 1:9 "But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness (unrighteousness)."*

## 2. **O**wn your God-given identity!

*"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the things He planned for us long ago." Romans 2:10*

## 3. **R**epent! Receive God's love, His rebuke and His forgiveness! Turn away from sin and toward God!

*Matthew 3:2, "Repent of your sins and turn to God, for the Kingdom of God is near."*

*Acts 3:19, "Now repent of your sins and turn to God so that your sins may be wiped away."*

## 4. **T**rust God completely with anything and everything! Surrender ALL to Him!

*Proverbs 3:5-6 "Trust in The Lord with all your heart and lean not to your understanding. In all your ways acknowledge Him and He will direct your paths!"*

## 5. **I**gnore carnal, fleshly, worldly desires. Ignore the devil's lies! Ignite your spirit with God's Word!

*Hebrews 12:11, "No discipline is enjoyable while it is happening—it's painful! But, afterward there will be a peaceful harvest of right living for those who are trained in this way."*

*Matthew 26:41, "Keep watch and pray, so that you will not give in to temptation. For the spirit is willing but the body (flesh) is weak!"*

*Psalms 34:19-20, "The righteous person faces many troubles, but the Lord comes to the rescue each time! For the Lord protects the bones of the righteous; not one of them is broken!"*

*1 Corinthians 10:13 "The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure."*

## 6. **F**orgive others! Be forgiven! Forgive yourself!

*Colossians 3:13 "Make allowance for each other's faults, and forgive anyone who offends you. Remember, The Lord forgave you, so you must forgive others."*

*"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as God forgave you." Ephesians 4:31-32*

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"Be joyful in hope, patient in affliction, faithful in prayer." Romans 12:12*

## **7. Involve yourself in activities with other Christian believers! Accountability partners are necessary!**

*Matthew 18:20 "For where two or three are gathered together in My Name there I am with them."*

*Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."*

*Romans 10:17, Consequently, faith comes from hearing the message, and the message is heard through the Word about Christ."*

## **8. Embrace your transformation!**

*2 Corinthians 5:17, "This means that anyone who belongs to Christ has become a new person. The old life has gone; a new life has begun!"*

*2 Corinthians 3:18, "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord--who is the Spirit--makes us more and more like Him as we are changed into His glorious image."*

*Romans 12:2, "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."*

## **9. Diligently seek God!**

*Hebrews 11:6, "And it is impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him."*

*Proverbs 8:17, "I love all who love me. Those who search will surely find me."*

*1 Chronicles 16:11, "Seek the Lord and His strength; seek His face continually."*

*James 1:21-22, "So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. But, don't just listen to God's Word. You must do what it says. Otherwise, you are only fooling yourselves."*

**\*CONVICTION, CORRECTION and CHASTISEMENT are used by God to make us better.**

**\*CONDEMNATION is Satan's attempt to keep us chained in the bondage of sin forever.**

*Hebrews 12:6-7, "For the LORD disciplines those He loves, and He punishes each one He accepts as his child. As you endure this divine discipline, remember that God is treating you as his own children. Who ever heard of a child who is never disciplined by its father?"*

*Proverbs 12:1, "To learn, you must love discipline; it is stupid to hate correction."*

*Romans 8:1-2, "So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death."*

**\*Do you believe that as a saved, born again Christian, you are dead to the power of sin?**

*Romans 6:7 "For when we died we with Christ we were set free from the power of sin"*

*1 John 4:4, "But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world."*

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