

## JUG – How to Take Care for Yourself Spiritually

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1. Continually receive God's love:
  - a. God loves us with an everlasting love – Jer 31:3
  - b. Nothing can separate us from God's love – Romans 8:35-39
  - c. Nothing we can do to be more loved; we're saved by His grace – Ephesians 2:8-10
2. Continually participate in our transformation to be like Christ:
  - a. Renew our mind by the reading of the word so we think like Christ and not like our culture – Romans 12:2-3
  - b. We are being perfected until we see Jesus so allow the process – Philippians 1:6, 2 Cor 3:18 - We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory
  - c. God's word checks us on our true thoughts and intentions – Hebrews 4:12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
  - d. Read the word day and night so we can understand what to do and then do it – Joshua 1:8
  - e. Listen to the preached word often - Romans 10:17
3. Continue to build your relationship with God in Prayer:
  - a. Prayer always, never stop talking to God – 1 Thessalonians 5:16-18
  - b. Be filled with the Holy Spirit and speak in tongues regularly – Eph 6:18, Pray in the Spirit at all times, with every kind of prayer and petition.
  - c. Speak and Listen
    - i. Elijah didn't find the Lord in the wind, an earthquake, or a fire, but he heard a still small voice. - 1 Kings 19:11-12
  - d. Do personal fasting for consecration:
    - i. Daniel Fast of vegetables and water didn't want to eat the royal food that included meat – Daniel 1:8-14
    - ii. John the Baptist had a diet of locust and wild honey – Matthew 3:4
    - iii. Jesus fasted with no food – Matthew 4:1-2
4. Continue to build your relationship with God in Worship:
  - a. Worship God regularly – Psalms 86:8
  - b. Worship is like oil on dry skin, it softens our heart so we can receive God's love and healing
  - c. It also magnifies God's greatness and not our situation
  - d. Always have an attitude of thankfulness and gratitude as you move through your days and as you approach God in your secret place – Psalms 100-4-5
5. Continually declare victory:
  - a. We are in a battle that we have already won in Christ. Move through life as a winner not a loser – 1 Cor 15:57
  - b. God makes us the head and not the tail, above and not beneath - Deuteronomy 28:13
  - c. Expect God's favor, expect the best, expect answered prayers.

6. Continually Give:
  - a. Give of your Time, talent, and treasure and don't be lazy - Matthew 25:14-30 Parable of the Talents (5, 2 and 1 bag)
  - b. Use whatever gift God has given you to serve others – 1 Peter 4:10-11
  - c. There is always spiritually fulfillment and reward in service to other. – Hebrews 6:10
7. Continually gather with believers:
  - a. Don't forsake gathering together so that we can encourage one another in these days – Hebrews 10:25
  - b. Iron sharpens iron which makes us stronger on our faith journey – Proverbs 27:17
  - c. Gifts given to the body of Christ to edify us and spur us in our purpose – Ephesians 4:11
  - d. God's love is made complete through us. God's love allows humanity to "see" Him through the actions of His people. – 1 John 4:12
  - e. Keep and cherish spiritual friendships and spiritual mentors, these are divine connections for your life.
    - i. What would Naomi have done without Ruth giving her instructions on how to navigate the attention that Boaz was giving her (and she soon thereafter became a wealthy married woman)? – Ruth 3:4
    - ii. Where would Esther be had Mordecai not told her she had become Queen for such a time as this (to deliver her people) – Esther 4:14
    - iii. Where would Samuel be without Eli telling him the next time he hears God call him say "Speak Lord for your servant is listening". - 1 Samuel 3:7-9
8. Continually be a Witness and make disciples:
  - a. Share the love of God with others – John 3:16. Where would we be had someone not told us about Jesus?
  - b. Make disciples, teach people the ways of God – Matthew 28:19-20
  - c. Don't hide, but shine for God - Matthew 5:14-16
9. Continually forgive but don't forget:
  - a. Be quick to forgive – Colossians 3:13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity."
  - b. Not forgiving is a serious offense against God. If we decide to be self-righteous and not forgive someone, the Lord's response to us is oh, so should I not be forgiving you for your sins – Matthew 6:14-15 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.
  - c. Don't forget, so that you can learn from the experience and be better from it – Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.
  - d. Forgive quiz, when someone pops to mind, can you then pray for them and bless them? Luke 6:27-28
10. Don't quit your faith fight!
  - a. Don't stop believing in God's goodness.
  - b. Don't count yourself out (repent and move forward as needed).

- c. Don't let people pull you away from your connection to God.
- d. Your life is on purpose for purpose, that's why you are still here!