

LPCC Just Us Girls - February 3, 2025
How to Take Care of Yourself Spiritually: Seven Tips
By Karen Barton

1. **Remember the fruits of the spirit.** Galatians 5:22-23. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. You can even call these things to yourself by saying, "Joy come to me in the name of Jesus. Peace come to me in the name of Jesus..."
2. **Listen to the Holy Spirit.** This is for both spiritual and physical well-being. The Holy Spirit is giving us instructions, help, and protection. Ask Him to lead and guide you. Pay attention to the words and promptings you receive and write down what He's told you, so you don't forget.
3. **Slow down and make time for God.** This tip goes hand in hand with listening to the Holy Spirit. God has to come before everything else we want. Have you fallen away from God in the pursuit of fleshly desires? Are you really loving him like the first and greatest commandment says to? Take the time to pray and listen, read the Bible, and even listen to podcasts or watch teachings online because we have to study. I'm reminded of Isaiah 48:18 which states, "If only you had heeded My commands! Then your peace would have been like a river, And your righteousness like the waves of the sea." Make time for the Word to follow it and not live in regret when the answers are always in front of you. Often in our flesh, our minds automatically stray to defeat when we are facing a problem and then we have to reel ourselves back to the Word. We become our own "Negative Nancy" and it's nothing but the letting down of the armor. Keep the Word, which is God, around you. If I ever need to remind myself of a particular scripture or word from God, I may even put a sticky note on the inside of my front door, so I remember it before I go out into the world.
4. **Purge what needs to be purged.** While the Word is going in, what needs to come out? We have to consider, What else are we spiritually feeding ourselves? What environments are we in and who are we hanging out with? What atmosphere are we setting in our home? How can we live a holy life pleasing to God while wasting precious time listening to or watching the wrong things or going to certain get-togethers when you know nothing but nonsense will be there? Once you get comfortable around all that ungodliness, you risk tolerating it more and more until all holiness is out the door.
5. **Maintain a spirit of gratefulness.** Be thankful and content with all you have knowing it's all you're supposed to have in this moment. Being grateful can ground you and cause you to remember all the things God has done and can do, taking away your worries and fears. Remember that God is a creative genius and nothing is too hard for Him. And this is important to remember because it's so easy to act out of fear instead of allowing God to act or waiting for God to tell you what to do. Also, being grateful for what He has already done helps your belief in Him, which helps us to sow righteousness for ourselves like Abraham's belief in God did for him.
6. **Keep a song of praise in your heart.** Be intentional about listening to praise and worship music and the Holy Spirit can bring that music back to memory in times of need. The book *Becoming a Prayer Warrior* by Elizabeth Alves made me realize that the songs that pop into my head—often in the morning—are from the Holy Spirit. Sometimes, it is a song I haven't heard in many years or an original song given through a dream. Despite how or when they come to you, pay attention to what God may be saying to you.
7. **Heal your hurt flesh.** One night, after something that I can't even remember triggered many tears, The Holy Spirit prompted me to put my hand over my heart and say, "Today, I allow my heart to heal." After repeating this just a couple times in my head, I began to feel the peace of God wash over me and I even began to smile. Sometime after, I broke down what the Lord gave

me: “Today”—meaning right now/in this moment. “I”—as in I have the power. “Allow”—because I have been stopping this and I can change this. I realized that what God was also saying was, “Ok, are you done being hurt? Are you done feeling traumatized? Because it’s not good for you and there’s some work that I need you to do, but your flesh is hindering that.” Like I did, perhaps you also need to heal from racism, lack of belonging/rejection, heartbreak or other trauma or hard times. When you can, take a moment to close your eyes, put your hand over your heart, and at least three times—either out loud or in your meditative state—say “Today, I allow my heart to heal.” And continue this practice in the future as needed. Also, I recommend reading the book *Matters of the Heart* by Pastor Linda Hodge, which provides keys to self-love and healing.