

Taking Care of Yourself Spiritually

- Just as we take care of our physical and emotional health, our spiritual health requires attention and intentional effort.

1. Guard Your Heart

- **What It Means to Guard Your Heart:**
 - The heart is the core of your being—your thoughts, emotions, and desires. If left unguarded, it can be easily influenced by negativity, distractions, or sin.
 - Be mindful of what you allow into your life—what you watch, read, and listen to.
- **Scriptures:**
 - Regularly examine your heart before God (Psalm 139:23–24). ²³ Search me, O God, and know my heart; Try me, and know my anxieties; ²⁴ And see if *there is any* wicked way in me, And lead me in the way everlasting.
 - Forgive quickly to avoid bitterness (Ephesians 4:31–32). ³¹ Let all bitterness, wrath, anger, ^[a]clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.
 - Fill your heart with God's Word (Psalm 119:11). Your word I have hidden in my heart, That I might not sin against You.

2. Prioritize Prayer

- **The Power of Prayer:**
 - Prayer connects you with God, strengthens your spirit, and gives you clarity. It's your lifeline for spiritual health.
- **Scriptures:**
 - Philippians 4:6–7 (NIV) - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus."
 - Pray over your life, family, and challenges, but also spend time worshiping and listening to God.

3. Put On the Armor of God

- **What is the Armor of God?**
 - Found in Ephesians 6:10–18, the armor equips you to stand strong against spiritual challenges.
 - Each piece serves a purpose to protect and strengthen your spiritual life.
- **The Armor:**
 - **Belt of Truth:** Walk in God's truth and reject lies.
 - **Breastplate of Righteousness:** Live with integrity and holiness.
 - **Shield of Faith:** Trust God's promises and deflect doubt.

- **Sword of the Spirit:** Use the Word of God in prayer and battles.
- **Helmet of Salvation:** Keeps our minds and thoughts
- Meditate on Ephesians 6:10–18 and imagine putting on each piece of the armor every morning.