

# NEXT STEPS TO GET SPIRITUALLY HEALTHY

**Take inventory.** Be honest with yourself.

**Refuse to get stuck.** Don't get so caught up in the "take inventory" process that you forget to take the next step forward. Be honest with yourself, but don't be too hard on yourself either. The point is to get healthy. Getting too distracted or overwhelmed will only hinder the process.

**Check your motivation.** Are you more focused on fixing a specific problem or getting healthy no matter what it takes? We put limits on ourselves and on God. We want to move forward while keeping our comfort level. Let go of that duplicity. Lean forward and persevere one step at a time.

**Do something.** Instead of waiting until you know with absolute certainty that you are doing the exact right thing in the exact right time, trust God enough to fall forward. He is bigger than your missteps. Keep checking in with him and let him correct you along the way.

**Go deeper.** Don't focus as much on growth as health. Both are progress. Both move forward. But when we focus on growth, we sometimes treat our steps like a checklist to complete instead of a process to engage in. Being desperate for results often short-changes the process.

**Invite accountability.** Involve others. Get real with them. Share your struggles and concerns, dreams and goals. Ask them to speak truth to you. Listen well and wisely.

**Invest in the calm times.** We tend to think of the importance of our health—spiritual, relational, or physical—when we're having health concerns. Be intentional when the waters are smooth. Preparation matters when you hit the rough patches.

**Do more, but not "just because."** Praying more, reading your Bible more, or serving more is good, and sometimes we need the simple discipline to get us moving, but "more" isn't always the healthiest approach. Choose a step into something different in order to get healthy. Refuse to get stuck. Try new challenges. Here are a few ideas:

- Be more intentional with God's Word, whether you're reading, writing, or reflecting.
- Have a transparent conversation with someone you believe to be slightly more mature than you and share your doubts, fears, or hopes.
- Sacrificially serve in a way that makes you squirm a bit.
- Make a list of promises you know God has made, then begin to dig into just one, searching for a deeper trust in that area.
- Let go of something, forgive someone, ask for someone's forgiveness, pause your plan or dream to explore what God wants for you.

Check out *Fractured Into Wholeness* by Susan H. Lawrence on Amazon, available in print and ebook formats.

For more resources and daily encouragement, visit [PurePurpose.org](http://PurePurpose.org).