

Have Faith, Staying Spiritual and Physically Fit

Identify blessings
Speak words of blessing
Nurture a shared prayer life
Take a step of faith
Restore someone faith
Be a grateful person
Share the journey
Serve the Lord and Holy Spirit
Cultivate a little solitude
Fast and pray
Turn worries over to God
Spread love wherever you go
Keep your priorities straight
Strive for excellence
Use it or lose it
Meditate on scripture
Be reliable
Ask God to make you a blessing everyday
Spend time in nature
Exercise your power of choice

We need to let our blessings flow like a river. Christians and disciples do not be emotionally detached and stagnate. Christians and disciples let blessings flow through us and others. Christians and disciples identify blessings from family and friends. Christians and disciples let blessings flow to and from their neighbors. Christians and disciples let blessings flow to and from work from co-workers and colleagues. Christians and disciples let blessings flow to and from strangers. Christians and disciples let blessings flow to and from their children. It only works among children that are spiritual and go to church. Christians and disciples let blessings flow to and from their enemies. Christians and disciples may the Lord bless and protect you in the Holy Spirit. Christians and disciples have the Lord smile on them and become grateful to the Lord as well. Christians and disciples have the Lord show you his favor and give you peace. Christians and disciples speak creative language to uplift, encourage, hearten and bless other people. Christians and disciples have a strong spirit with The Lord.

Christians and disciples share their prayers with others around them. Christians and disciples let Friends know you are always available in prayer. Christians and disciples attend prayer groups. Christians and disciples trust in the Lord to eternal life in heaven. Christians and disciples spend time alone with Jesus daily to pray and worship the Lord. Christians ask Jesus to fix their problems in life. Christians ask Jesus to fix our thoughts from our minds. Christians and The disciples know what's important to succeed in eternal life in heaven. For example, family and friends. Christians and disciples use their gifts and talents faithfully. Christians and disciples memorize verses that speak to him to meditate on Jesus' words. Christians follow all

commitments.

Start everyday with morning prayer

Conclude day with evening prayer

Join forces with one other per person seeking the Lord

Meet with the person or people once a week to study the bible

Christians and disciples look for ways to serve the community. Christians help and feed the homeless and low-income communities. Christians help keep communities clean by planting trees and picking up litter or trash on the streets. Christians volunteer and help out at nonprofit organizations.

Ways to Achieve Spiritual Fitness

- Explore spiritual core
- Look for deeper meanings
- Yoga
- Travel
- Think positively
- Take time to meditate
- Walk among plants and animals
- Imagine earth as great spirit
- feel spirit of the sky
- notice smaller spirits
- Notice spirit of your ancestors
- Help others
- Make a wish list
- Learn to forgive
- Practice patience
- Be truthful
- Start a gratitude journal
- Listen to your instincts
- Read your bible outside during quiet time
- Take a walk while you pray, or listen to praise and worship music
- Go out in nature to experience fruit of the spirit
- Sit on porch talk to God and listen

I want to talk about how I remain spiritually and physically fit in my life today. I travel to others cities and places in United States of America, such as Pittsburgh, Philadelphia, Dubuque, Cleveland, Baltimore, Louisville, New York City, Detroit and Atlanta. I will be traveling to Columbia and Dallas later this year. God is using me when he sends me places. I think positive and stay away from people that gossip about people or act like haters. I like to help the poor and homeless people as a cheerful giver. I practice patience because it explains my prayers are always answered daily and weekly. I read my bible during quiet times, but not outside. I listen to praise and worship music, but need to listen more of it and leave some no secular, violent, sinful

hip-hop and R&B alone. I feel the spirit in me daily and weekly. I started a Spiritual journal with favorite scriptures that are posted on church websites under my biography.

I have a problem forgiving people from the past that really hurt my feelings. I never forgive my biological father since childhood because he never done nothing fogey me and criticize me like He knows everything like his side of the family. His side of the family and himself do not know nothing about me. My biological father purposely missed my graduations. My biological father owe over \$60,000 back child support and attorneys in Chicago and other places say he should not be walking the streets. My mother struggled to raise me by herself after I was born. He was not at the hospital when I was born. He is not listed on my birth certificate either because my mom says she did not want to.

What do I need to work on daily and weekly?

- Yoga and exercising daily
- Do more meditate while pray to the Lord
- Make a wish list
- Learn to forgive
- Do not do nature or handle animals.

John 7:38

Numbers 6:24-26

John 13:1-5

Ezra 8:23

Psalm 55:22

Ecclesiastes 9:10

Psalm 19:1

Psalm 8:3-4

Psalm 104:8-9