

5 Ways to Improve Your Emotional and Spiritual Health

Read Time: 4 Minutes 50 Seconds

Do you believe the Lord is concerned about your emotional and spiritual health? He is.

He wants you to know how to improve your emotional and spiritual health to be resilient in turbulent times. One of the most powerful things you can do to improve emotional and spiritual health is to pray in the Spirit.

What Is Praying in the Spirit?

Praying in the Spirit is tapping into and being in the presence of the Lord. It means you allow Him to sanctify you as you speak what He brings to mind. Perhaps He brings things to mind He wants to repent of, or He brings things to mind He wants you to recall and praise Him for. Speak these things out.

Praying in the Spirit means you allow His Spirit to guide your awareness and your prayers as you sit in His presence.

1. Commit to praying regularly. Remember Ephesians 6:12 says, "For we do not wrestle against flesh and blood, but against principalities, against powers, against rulers of darkness of this age, against spiritual hosts of wickedness in heavenly places."

There is a spiritual war going on all around us. When we declare God's Word in prayer, we are standing firm against the principalities and powers that come against us so they cannot steal what is rightfully ours. When we don't regularly pray, we go down a path of destruction. We aren't connecting to the

One who protects and gives us life.

Yeshua said that He is the vine, and we are the branches, and we can do nothing apart from Him. If we aren't praying God's Word, we start to get worn down and overwhelmed, looking to other things besides God.

Improving emotional and spiritual health starts with prayer. Pray God's Word and commune with Him throughout your day.

2. Renounce negativity. Negativity happens everywhere. It is fear-driven. God tells us to "fear not!" When negativity and fear come, recognize it and renounce it. Surrender it to God. Declare that it has no power over your life because you have not been given a spirit of fear but of power, love and a sound mind.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind," (2 Tim. 1:7).

3. Recognize the emotions that provoke you. Certain situations or people can provoke us to respond in frustration and anger. Before we know it, we have picked up bitterness and resentment. If not dealt with these seeds can take root, and we start operating out of them in more and more situations without even being aware of them.

Consider setting two goals for the next 30 days to help you recognize the emotions you are dealing with. Wake up and pray God's Word of protection, such as Psalm 91, over your day, home, and family. Ask the Spirit to reveal to you the emotions you are carrying.

As He reveals them to you, one by one, say them out loud and hand them over to God in the courts of heaven.

Ask Him to show you when that emotion flares up during the day. As it does, give it to God. Pause and recognize it, hand it over and speak a word of praise. Declare God's goodness and

mercy, that He gives you a sound mind and the capability of feeling emotions, and that you don't have to carry heaviness. Declare that the joy of the Lord is your strength.

4. Take communion. Take communion as you work with the Spirit to improve emotional and spiritual health. The Lord's bread is your provision to improve emotional and spiritual health. In communion, remember the price Yeshua paid so that you might receive eternal life and walk in the freedom of abundant life now.

5. Go into your prayer closet. As you pray in the Spirit and step into the presence of God, take time to get alone with God in a secret place. Go into your prayer closet. You can pray in your prayer closet and soak in His presence. You can turn on soft music and just meditate on His Word. Allow the Spirit to bring things to mind that need healing. Ask Him about the things He brings up.

Perhaps He brings to mind a hurtful word spoken over you, a memory or a tough situation you are currently walking through. Whatever He brings to mind in that private place, ask Him about it. You can ask questions such as...

- Why are you showing me this, Lord?
- Where were you in this situation, God?
- Where is your provision and protection during this time?
- What do you need me to let go of today?
- How are you healing this hurt in me now?

Be that curious child sitting in your Abba Father's lap, asking Him questions and being eager to receive whatever He gives.

In Conclusion

There are powers of darkness trying to steal your strength, joy, peace, health, and wealth. As God starts to unfold all the places in your heart that He wants to heal and improve

your emotional and spiritual health, write them down.

Get out your Bible and attach scripture to each emotion. As you do this, your emotional and spiritual health will begin to improve.

- **Need strength when you feel overwhelmed and run down?**
Declare and meditate on Psalm 28:7-9, "The Lord is my strength and my shield; my heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him. The Lord is [a]their strength, and He is the saving refuge of His anointed. Save Your people, and bless Your inheritance; shepherd them also, and bear them up forever."
- **Need restoration when your body and soul are weary?**
Declare and meditate on Isaiah 40:31, "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

The Father's love is what improves emotional and spiritual health. He is the one who makes the body, soul and spirit whole—lacking nothing.

Improving emotional and spiritual health is a journey and a process. Allow God to lead the way into your wholeness this season.

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Curt Landry, founder of *Curt Landry Ministries*, and his wife, *Christie*, travel extensively, preaching and teaching about the Jewish roots of the Christian faith. Together, their passion is to empower families to live and leave kingdom legacies and understand their own personal heritage.