

It's Time for Your Spiritual Wellness Test

The word the Lord gave me for 2020 was “tenacity.” I posted about it on Instagram on Jan. 2, 2020, and included a picture of the definition of the word. Little did I know at that time how much this word would mean for this past year.

2020 has been a year full of things we've never seen before: health challenges for many, loss, change and unknowns. It's been a year filled with hate, anger, violence, greed, division, uncertainty, sadness, death, life, marriage for some and divorce for others. It has highlighted for the people of the world that life really can change in the blink of a minute.

Tenacity means both to grip tightly and firmly to something and to continue to exist; it means to persist. In a world of unknowns, I needed to cling to the one who is known, so I could persist in the tumultuous year that has been 2020. So what now? 2021 doesn't look like it is going to start any better than 2020 is ending. For this reason, and many others, the best gift we can give to ourselves this year is a spiritual health checkup.

During my recent episode of *The Depot Podcast*, titled *Spiritual Health Checkup* on the Charisma Podcast Network, I discussed three issues to look at in relation to spiritual health: salvation, attitude and timing. (I use the acronym SAT as a way to illustrate that sometimes we just need to sit with the Father and have a conversation about our spiritual health.)

To learn how you can conduct your own spiritual health checkup, [click here](#) to listen to the podcast. {eo}