



A light to my path. Psalm 119:105

## Healthy or Unhealthy Spirit

Every person is a spirit with a mind who lives in a body of flesh (1 Thessalonians 5:23, NKJV). Before we accept Jesus as our Savior, we are a dead spirit with a mind of lust living in a body of dying flesh (Ephesians 2:1, 5:8). Accepting Jesus as our Savior removes our dead spirit, replacing it with a living spirit (Romans 8:10-11, 10:9, 1 Corinthians 3:16, John 14:16-17). We have been born again (John 3:3).

Beloved, as a new spirit, we are like a newborn baby with much to learn. What we learn makes our spirit either healthy or unhealthy. Reading and listening to God's word, studying God's word, and talking to God through prayer increases the health of our spirit (Galatians 6:8). The state of health in our spirit dictates the state of health in our mind and body based on what comes out of our spirit-heart. If we speak words about death, then rivers of death flow into our body (Proverbs 18:21). If we speak words about life, then rivers of living water flow into our body (John 7:38). Increasing the health of our spirit increases the health of our minds and bodies (Deuteronomy 30:19). Therefore, I encourage you to focus on the health of your spirit instead of the health of your mind and body. When you do, you will love the new you!

Shalom

**Love Life Ministry, Inc.**

**Touching People with the Healing Power of God's Love<sup>©</sup>**

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