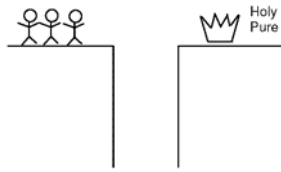
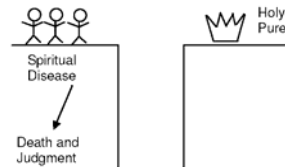


How can I be spiritually healthy?

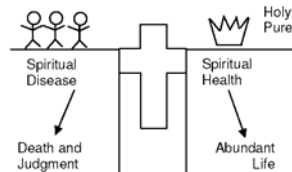
God created people to be perfect and pure, like He is, so they could have a relationship with Him. He also created people with a mind to choose Him and His ways or to go their own way.



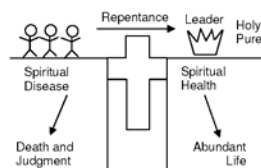
Unfortunately, all humanity has chosen its own way. As a result, we are separated from God. We have a spiritual disease. This spiritual disease is sometimes called “sin.” This spiritual disease leads us to act and think in ways that are contrary to God’s purity. For instance, we may lie, gossip, be jealous, and belittle others. This spiritual disease is 100% fatal; it inevitably leads to spiritual death and finally to God’s judgment. This presents a problem for us—our spiritual disease separates us from God who is holy and pure, and it leads to God’s punishment and judgment.



But God has a problem, too, because He still loves us and wants a relationship with us. God fixed this problem. He bridged the gap between us by sending his son Jesus to earth. Because Jesus was God’s son, he did not have our spiritual disease; he lived a pure life. He died on the cross to pay for all the wrong things we have done; He took our punishment. But the story doesn’t end there. Jesus rose from the dead on the third day and conquered death once and for all. His actions made it possible for us to receive His free gift of spiritual health- abundant life- instead of disease and death.



Through Jesus’ death on the cross and his return to life, we have access to God and the promise of spiritual health. The signs of spiritual health are things like love, joy, peace, the certainty of eternal life with God, a relationship with God, and power— God’s power within our soul to change us from the inside out and to help us change the world for Him.



To accept this free gift of spiritual health and to cross the gap between death and life, we must acknowledge that we have a spiritual disease and seek treatment. We need to acknowledge that we need a “change of heart” -- a change of heart to recognize our spiritual disease, a change of heart to recognize Jesus’ ability to take our disease away, a change of heart to receive spiritual health and abundant life, and a change of heart to claim Jesus as the leader of our life.

If you had to place yourself in this diagram, where would you be?

- If you see yourself on the left side of the cross, what is preventing you from acknowledging your need for spiritual health and abundant life and crossing over to receive them?
- If you see yourself on the right side, great! Share about when and how you made the decision to cross over from disease and death to health and eternal life.
- If you are unsure or not 100% sure that you would go to heaven if you were to die, do you feel you are in the process of moving to the right? Are you ready to cross over? If you are, you can pray a prayer, like this one below:

Jesus, I know that I have a spiritual disease. I know that you came and died to cure me of this disease. I know that you rose again to conquer death. I receive your free gift of spiritual health and abundant life today. I choose to follow you as my leader from now on. Amen.



If you have made a decision today to pray this prayer, let someone know about it. Ask for help in reading the Bible. Get connected with Nurses Christian Fellowship and the wealth of resources just waiting for you. Contact us at www.ncf-jcn.org.

Resources: Adapted from http://www.intervarsity.org/evangelism/download.php?article_id=5805&version_id=7807