

To have good spiritual health, read the article below. Learn to Glorify God for all He will do and has done in your life. Avoid sabotaging your relationship with people and God by using faith in all areas of your life...



1 Have a good relationship with yourself. The only person that knows the best way to develop a close

self-relationship is you. Some ways that often work are; keeping a journal and writing your feelings, writing poetry or short stories, take personality quizzes, and talking to yourself in a positive way.

## 2 Pray and talk to the Lord or whoever you worship.

Before you go to bed each night, take a few minutes to send a few effective prayers up to heaven. Attend church on a regular basis if possible, and keep in contact with and be sure you have accepted the Lord Jesus if you call yourself a Christian, and show your love for God by helping the least of his children.



**3 Read a lot.** Try to study new topics and try new things, this is not only to exercise

your mind but also to improve your intelligence. Read as much as you can. Reading is a way to absorb other people's perspectives, no matter what subject they're writing about. It gives you an insight into the way other people think that's impossible to get in any other way. Reading up on both sides of important matters gives you the information you need to form valid opinions and make reasoned decisions.

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4 Meditate Meditating is an important way to maintain good spiritual health.

Most people prefer to meditate in the morning after they wake up, before bed, and/or after getting home from work or school.

5 Deep breathing sessions. Have a time of day where you turn off all

the TVs, iPods, and computers and just breath deeply. It's a good time to come in contact with your inner thoughts and feelings.

6 Listen to your inner voice and follow your gut. What is your

inner voice telling you? It's usually the right decision. Stick with your gut, don't do something you may regret.

7 Laugh a lot and sing aloud to your favorite song. These



simple things can really  
improve the way you feel  
towards yourself and life in  
general.

8 Don't take anything for

granted. Pretend like you are seeing the world for the first time, explore nature. Try doing things with a blindfold such as: watching a movie, talking to a friend, or playing with a pet. It helps you to realize how well you have it.

## 9 Do something for someone else everyday.

Whether its paying someone a compliment, giving money to charity, or helping someone carry their books, it will make you feel good with the

added bonus of making  
someone else feel good  
too!

10 Watch or read

something uplifting.

Watch an uplifting

movie or read an

inspirational story!

Whatever floats your

boat.

# Tips

Let more  
warmth and love  
into your close  
relationships.

Be nice to

people.

Develop self  
confidence.

Smile and  
laugh -- be full of  
God's spirit and

His great energy  
in your life...

Listen to  
your parents and  
always have a



talk with them

once you feel

spiritually

unpleasant.

Source from

website <http://>

[www.wikihow.c](http://www.wikihow.com/)

[om/](http://www.wikihow.com/)

# 5 Motivational and Inspiring short Stories

## Check out

these 5

Motivational

and Inspiring

short stories

about life,  
stories that  
will make you  
smile.

# 1. Everyone has a Story in Life

A 24 year old  
boy seeeing  
out from the  
train's

window

shouted...

“Dad, look

the trees are



going

behind!”

Dad smiled

and a young

couple

sitting

nearby,

looked at

the 24 year

old's

childish

behavior

with pity,

suddenly he

again

exclaimed...

“Dad, look  
the clouds  
are running  
with us!”

The couple  
couldn't  
resist and

said to the  
old man...

“Why

don't you  
take your  
son to a



good

doctor?”

The old

man

smiled and

said...

“I did and  
we are just  
coming

from the  
hospital,  
my son

was blind  
from birth,  
he just got

his eyes  
today."

Every  
single  
person on

the planet  
has a  
story.



Don't  
judge  
people

before  
you truly  
know

them. The

truth

might

surprise

you.

# 2. Shake off your problems

A man's  
favorite  
donkey

falls into  
a deep  
precipice;

He can't

pull it out

no matter



how hard

he tries;

He

therefore  
decides  
to bury it

alive.

Soil is

poured

onto the

donkey

from

above.

The

donkey

feels the

load,

shakes it  
off, and  
steps on

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More

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It shakes

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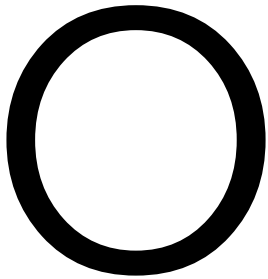
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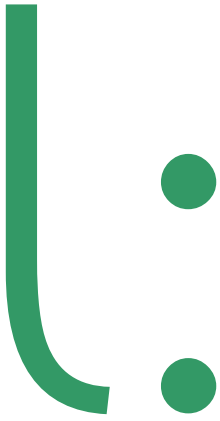


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