

KEEPING SPIRITUALITY



Foreword

Sometimes, you might wonder if the teachings and lessons of the Bible have meaning in your life today. You might also wonder if you have time a better relationship with yourself, others and with God. This is actually the most perfect time for you to consider empowering your spirituality by starting to live a life with God always in your heart and mind. Always consider the kind of relationship that you have with Him and with the people around you.

Never make promises that you cannot keep. You can look honestly at your past, and you can forgive yourself. You can choose to become pitchers or batters. You can also break those vicious cycles, and most importantly, you can make decisions to move into a more meaningful, deeper relationship with God. He will guide you in every step of the way. Just always remember Him, and always think of Him each time you make decisions in your life, and you will see how He can bring significant changes in your life.

Chapter 1:

Spiritual Resolutions Basics

Synopsis

With regards to resolutions, particularly failed resolutions, most people get caught up in the past mistakes and failures so much that they spiritually paralyze themselves. You have to keep in mind that you are human and you can always make mistake.

Remember that it is not your mistake that defines you, and those mistakes do not have to define your future, but they can always help you focus your future. To improve your spirituality does not mean being pious; just a few changes in your life can bring significant effects to your life that can help you towards your goal of empowering your spirituality.

The following can help you have an in-depth understanding on how you can enhance your spirituality: