

Recover From Spiritual Sickness

Coughing Christians

As we shall see, some of us as Christians might be having spiritual lung problems

I'm starting a three part series that addresses spiritual sickness, and how to truly recover from it.

These 3 tips are based off of my personal experience in being physically sick last Tuesday, and how the things that I did to get over my flu could apply to one who wants to recover from their spiritual "flu."

After all, I mean, it's kinda like what Ellen White said:

"As in the natural, so in the spiritual...." –CHRIST'S OBJECT LESSONS PG. 63–

So, for Part 1 of this series, I'm gonna show you Tip #1 on how to truly recover from a spiritual sickness in your Christian life.

Tip #1 To Recover

Let's take note of the first important tip to truly recover from spiritual sickness

The first tip we're gonna get into on how to recover from a spiritual sickness is:

SPEND TIME WITH GOD

We read more about this first tip in the first part of James 4:8–

Draw near to God and He will draw near to you. –James 4:8–

How To Draw Near To God

The results of drawing near to God are bright & joyous—but how does one experience this practically?

On a practical level, what does "drawing near" to God look like? HOW do we spend time with Him?

Two things:

1. Prayer
2. Bible Reading/Study

Let's explore how these two above factors play out in helping someone go from bad spiritual sickness to good spiritual recovery.

Let's start with prayer.

To Save The Sick

Those who are sick truly need prayer—especially those who are spiritually sick themselves!

In the same book we just looked at—James—we see something interesting in chapter 5 and verse 15:

And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. –James 5:15–

Even though this verse could easily be applied to praying for others, it could ALSO be applied to ourselves!

A Breath Of Fresh Prayer

Just like breathing fresh air is essential for physical health, so it is with spiritual health

As I mentioned in the beginning of this blog post, I was struggling with an ugly case of flu last week.

So, what did I do?

I walked around outside in the backyard, breathing in the fresh outdoor air and letting it freshen up my poor, coughing lungs. By the time I went back inside to drink some onion tea (more on that in Part 2), I felt so much better!

So, what does all that have to do with getting over spiritual sickness?

Ellen White once wrote:

Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted and the health of the soul be preserved. –PRAYER PG. 182–

One of the key ways to truly recover from spiritual sickness is to step outside of our mediocre “faith box” and seriously pray and talk to God. It may be that as we have these simple–yet fresh–conversations with God, we find pure relief for our sick souls.

“Soupy” Scripture

Just like soup is healthy to eat when sick, so the soupy parts of the Bible are healthy for us to consume when spiritually sick

When I was sick last Tuesday, I mostly ate soup for all of my meals.

Why?

Because soup is fairly easy on the body during sickness.

And when you’re spiritually sick, your soul needs some more “soupy” Scriptures to keep it nourished.

So, what are soupy Scriptures?

They’re simply parts of the Bible that aren’t too deep or challenging.

Below I’ve listed three different parts of the Bible you can go to and go over to help you truly recover from your spiritual illness.

The Gospel of John

Psalms

Proverbs

Closer To Being Cured

Spiritual recovery doesn’t come overnight. But it will come as long as we keep walking forward with Jesus!

Let’s be honest.

Being sick isn't the funnest experience.

Including being spiritually sick.

But with this first tip—Spending Time With God—I can assure you that the pain of spiritual illness will be eased as you continue moving forward in your spiritual recovery. Remember, recovery doesn't happen overnight. But, the time of true spiritual recovery & healing will come much closer to you as long as you incorporate key parts, such as prayer and Bible reading, into your spiritual life.