

Recover From Spiritual Sickness (Pt. 3)

We've now gotten to the third and final part of our little series on how to recover from spiritual sickness!

As I mentioned in Part 1 of this series, I was sick with the flu. And now, I thank God I had gotten sick, because as I was getting over it, I was inspired with this blog post series!

Surely Paul's words are worth remembering!

In everything give thanks; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:18)

So, based on one of my personal experiences of getting over the flu several weeks ago, I'm gonna share with you the third and final tip on getting over a spiritual sickness. Now, be sure to pay attention to this third and final tip—it's probably the MOST important tip in the whole series!

HOLD UP...!

How do I know I'm spiritually sick? Learning To Live has just the right resource to help answer that question!

Okay, let me quickly pause right here before I move on. If you're just joining this series for the first time, you might be thinking:

Spiritual sickness? Hold up! How can I know if I have some spiritual sickness?

Well, that's an easy question to answer!

Tip #3 To Recover

Let's take note of one of the most important tips to spiritual recovery

So, the third and final tip to truly recover from spiritual sickness is:

TRUST IN GOD ALONE

Now, what does that look like?

Trust Is Sleeping!

Just like rest is essential for physical recovery, so it is with spiritual recovery!

As I was getting over my flu several weeks ago, one of the things that really helped me was REST.

In other words, sleeping on the couch all day really helped my immune system (and my body in general) focus on battling the flu germs that were ravaging my system.

So, the spiritual application for this?

Snooze In His Hands

Jesus always welcomes us to rest in His arms with simple, unfailing trust.

Jesus said:

Come to Me, all you who labor and are heavy laden, and I will give you rest. (Matthew 11:28)

And God also tells us something similar in the book of Psalms:

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth! (Psalm 46:10)

As I mentioned before, the third essential tip to recover from spiritual sickness—

TRUST IN GOD ALONE

So, in connection with how physical sleep & rest helped me get over an actual illness, so it is with recovering from spiritual illness.

Coming to Jesus and resting in His love, peace, and sovereignty with humble trust is essential to spiritual recovery.

In fact, if you checked out the checklist I made about the 7 symptoms of spiritual sickness, you might recall that one of the symptoms of spiritual sickness is:

“Struggling to trust God with, for, and/or in everything.”

Let me make this point as clear as possible.

Placing FULL dependence and FULL trust in yourself for spiritual victory INCREASES your chances of spiritual sickness.

Whereas placing FULL dependence and FULL trust in God for victory in your spiritual life INCREASES your chances of spiritual recovery.

This all reminds me of something Jesus said in John 15:

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. (John 15:5)

Trust in God is ESSENTIAL to TRULY recover from spiritual sickness.

I mean, after all, where else can you find true spiritual healing for your spiritual being except the God Who created it?

Do You Trust Him To Give It To You?

Friend, I understand how hard it is to trust God. Believe me, throughout my years as a Christian, I’ve chronicled moments on this blog where trusting God was the hardest.

Here are posts of those times below:

[Struggling To Trust God With My Future](#)

[Struggling To Trust God With My Cousin’s Death](#)

[Struggling To Trust God With My Blog Shutting Down](#)

But during those dark times, I’ve learned the valuable lesson—over and over again—that trusting Jesus gives true peace, true rest, true joy, and true hope.

But is there a chance you’re still struggling to fully trust God and rest in His loving hands?

Don’t feel so badly ashamed, dear reader!

It's something that every Christian—pastors, parents, teachers, Christian bloggers like me—ALL struggle with!

But simply choosing to fall down and rest in Christ's arms with simple, trusting faith IS worth choosing!

Would you like to seriously make that choice today?

If so, just pray the following prayer below:

I would like to conclude this series with three things.

One, I wanna share with you an encouraging Bible verse that you may claim along with the above prayer. It's a beautiful Bible promise that reminds us that God is willing to give us good and perfect gifts—including the gift of trusting faith.

Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. James 1:17

The second thing that I want to conclude this blog post with is a song that I hope and pray will encourage you to truly trust Jesus no matter what:

Another Checklist!

7 Signs Of SPIRITUAL RECOVERY

Realizing your need of God's help and involvement in EVERY part of your life.

Learning to surrender everything to Christ & learning to let Him handle everything.

Seriously taking time to seek God.

Cultivating a loving relationship with Him each day through reading the Bible & praying.

Learning to live by faith instead of living by how you feel.

Learning to become more content & thankful in/for circumstances and people.

Learning to trust God in, for, and with everything in life.

Looking to/depending on God to help you grow in your spiritual recovery instead of looking to/depending on yourself and/or others.

Is This YOU?

Hip hip hooray! Continue seeking recovery from the Divine Doctor everyday!

Also wondering if you're RECOVERING from spiritual sickness? Learning To Live has just the right resource for that too!

Amen! Maranatha!