

# Top Seven Ways to Improve Your Spiritual Health

**Assumption 1:** You are a Baptized Christian.

**Assumption 2:** You are committed to orthodox doctrine.

1. **Pursue** \_\_\_\_\_  
Total devotion of all my life to God and his purpose for me and for his Church.  
Without holiness no man shall see God.  
**1 Peter 1:15**  
Hebrews 12:14.
  
2. **Avail Yourself of Every** \_\_\_\_\_ **God Has Provided**  
Baptism  
Holy Communion (Eucharist, Lord's Supper, the Mass, the Blessed Sacrament, etc.)  
Holy Unction (Anointing by a priest for prayer)  
Holy Penance (Confession and Absolution)  
Holy Matrimony (Your marriage in a means of grace and a haven of peace.)  
Holy Orders (respect your priests and follow their guidance as fathers who love you and are ministers of God's grace)  
**Acts 2: 43-47**
  
3. **Step Up Your** \_\_\_\_\_ **Practices**  
**Acts 13:2**  
Fasting with prayer  
Self Denial  
Alms Giving (a transitional tool for detachment from the world)  
Charity work (assisting the poor, the friendless and the needy)  
Offer Suffering as a Sacrifice for others (Col. 1:24)
  
4. **Study to Show Yourself** \_\_\_\_\_  
**2 Timothy 2:15**  
Take a class on Anglican faith and practice  
*(The King's Highway, scheduled for Epiphany / Lent 2019)*  
Watch the online video's from Lindisfarne Hall classes  
Ask your priest for a good book for you and then slog through it with trust  
Pay attention during sermons  
Ask your priests for resources (Podcasts, videos, books) for theological growth
  
5. **Learn to Use the** \_\_\_\_\_ **for All Its Worth**  
*Sunday afternoon seminar coming soon, this fall.*  
Our BCP is THE BENEDICT OPTION for today.  
1 Thess. 5:16-18

6. Practice \_\_\_\_\_ as a Way of Life  
2 Timothy 3:16-17

7. \_\_\_\_\_ someone who has harmed you.  
Remember the Lord's Prayer – forgive us our trespasses as we forgive those who trespass against us.  
St. Matthew 6:9-15

**Wrap up:**

# 1, holiness, is what we called the “One Metric That Matters”, the one measurable thing which indicates our spiritual health, individually and corporately. A Christian growing in holiness is a healthy Christian. A parish which emphasizes and pursues holiness as a community is a healthy parish. #'s 2-7 are the key\* means by which we strive for holiness and, therefore are the standards by which we measure our progress in holiness.

\* “Key means” does not imply there are no other means to pursue holiness or no other standards by which to measure progress. However, these listed above are foundational and essential to all Christians, where other “means to holiness” may be particular or derivative of the above.