**Things to do every day to improve your spiritual Life**

1. Start and end the day with prayer –

Psalm 92:2 – Look up and thank god for his lovingkindness, and faithfulness.

1. Spend time in the word and in conversational prayer
2. Spend time in quiet reflection – get to know your heart – Proverbs 27:19, 37:4
3. Spend time feeding your spirit with other sources
4. Spend time with someone who supports your development
5. Thank the Lord 7 times a day for his faith and good judgement
6. Say no to things you shouldn’t do / Say yes to the things you should do (Those from the lord)
7. Ask to be filled with his holy spirit

Rick Renner : <https://www.youtube.com/watch?v=FM9dJRTo5WA>

**Devotionals:**

Rick Renner Sparkling Gems <https://renner.org/spg/>

Barry Bennet Healing messages: <https://www.facebook.com/officialbarrybennett>

Andrew Wommack: https://www.facebook.com/AWMinistries/