



Life After Lent

12 Steps for

Spiritual Growth

Salem Bible Church

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Step 1. Take Care of the Temple - Make Health and Wellness a Priority! Remember you are a soul, you have a spirit, you live in a body. The physical body is a temporal transporter required to pursue our purpose in the human experience. **Enjoy the Journey! (1 Corinthians 6:19)**

Step 2. Get in Sync with the Soul – Search and examine your soul, ask God to remove impurities of the soul and blot out transgression of the heart. Ask for forgiveness daily and forgive others quickly. Initiate a spiritual appraisal ascertain the worth of your soul. **(Matthew 16:26)**

Step 3. Mindset Matters – Mindfully seek clarity as it relates to the vision for your life. Master your mind. Monitor the thoughts that enter the mind. Open the door for the positive and close the windows and doors for the negative thought entry. **(Philippians 2:5)**

Step 4. Foster Habits of Happiness – Make a conscious commitment to be happy and allow the joy of the Lord to be your strength in the face of adversity. Be happy responsibly, never let circumstances decide your happiness for you. Real commitment will give you a sealed contentment. **(Philippians 4:11-12)**

Step 5. Exercise the Power of Prayer – Pray God’s Promises. Activate your prayer power to make prudent decisions for your life, even the small everyday matters, seek God’s direction. Be attentive to the presence of God. Let him into every area of your life. Supercharge your prayer life with a prayer partner. **(1 Thessalonians 5:17)**

Step 6. Exercise Faith - Without Faith it’s impossible to please God. With faith no explanation is necessary but without faith no explanation is possible. Build your Faith Muscle! **(Hebrews 11:6)**

Step 7. Acquire an Attitude of Gratitude - Get in the habit of gratefulness. Be thankful unto him for everything in your life great or small. Life, health, strength, family, friends, church family, employer, political leaders, enemies, career, business, every accomplishment, achievements, successes, failures, fault, obstacle, provision, protection, food, clothing, shelter, transportation, salvation, healing, grace and mercy and so much more. **(Psalm 100:4)**

Step 8. Tithe in Time, Talent and Treasure to God First - Time - the first 24 minutes of the day. Talent – become a part of a ministry that supports the church and the community. Treasure - 10% of your increase on a regularly and consistently. **(Deuteronomy 8:18)**

Step 9. Make Spiritual Fellowship a Priority - Focus on Family. Join a Growth Group get connected, become an active part of the church community. A major key to spiritual growth is Christian fellowship. Christian fellowship should not just happen in church service on Sundays. **(Hebrews 10:25)**

Step 10. Appetite Alignment – Feast on the Bread of Life. Read one Bible verse a day. Hide the Word in your heart by memorizing a scripture monthly and apply it to your life in order to become a better Christian. **(Psalm 119:11)**

Step 11. Mindfulness Meditation - Spend moments in meditation for two minutes daily or simply sit in silence for two minutes and reflect on the sovereignty of God’s Word operating in your life. **(Joshua 1:8)**

Step 12. Share – Post spiritual quotes, words of encouragement and scriptures on social media platforms. Use your social media platform to share Salem Bible Church “The Place of Peace” with your network. Share and invite others to attend Salem’s virtual worship service and special events. **(Acts 1:8)**

