

## **Five resolutions to stay spiritually healthy.**

- 1. Take time to seek out and meditate on God's character, attributes & names.**
- 2. When discouraged always look to God.**
- 3. Meditate on one blessing (or something to be thankful for) every day.**
- 4. Maintain a consistent quiet time.**
- 5. Seek to be a servant.  
Mark 10:45; II Cor 4:3**