



Quick Tips for Nurturing Your Body, Mind, and Spirit while writing for HIM



Our great God is the maker of Heaven and Earth and all that was ever made. He is the Creator Extraordinaire! The author and finisher of everything. Including our creative gifts, talents, and skills. When God begins a new creative work in authors, it starts as a seed, which must be nurtured to grow. Our body, mind, and spirit work together to cultivate that seed. There's nothing mystical about the process. It's the way our triune God sees to completion the good work He began in us. Here are some quick principles and tips to nurture your body, mind, and spirit while writing for Him.

Three tips for nurturing your BODY



- **Eat well.** Stress eating while writing can undermine your creative flow. Eat only when you're hungry. Stop eating when you're satisfied. And at least once a day eat a rainbow. Fill your plate with whole foods in a variety of colors. Each color provides different nutrients. B-vitamins combat brain fog. Vitamin D aids in brain function. Omega 3s support healthy vision. And Vitamin C boosts our immune system. God knew what He was doing when He provided a rainbow of food for our health and enjoyment.
- **Stay hydrated.** Research shows that adequate hydration promotes productivity, decreases stress levels, and boosts overall creative output.
- **Sleep well.** A good night's sleep prepares your body for a good day's work. Avoid screen time for at least thirty minutes before bedtime. Blue light can deplete your melatonin levels.

Three tips for nurturing your MIND

- **Plan and release.** Every writing goal, ambition, desire, or dream has the potential to become an idol if not founded in and surrendered to God's sovereign plan. Hold your best laid plans with an open hand to the God who has predestined a good path for your writing journey.
- **Take captive stray thoughts.** When discouragement threatens to keep you from writing, replace that negative internal dialogue with pure scriptural truth. Prepare scripture cards, or scripture notes on your phone, ahead of time to prepare yourself for battle.
- **Guard your heart and mind** from sound bites and visual stimulation that opposes God's Word. Those seemingly harmless toxins can pollute the message God wants to convey through your writing.

Three tips for nurturing your SPIRIT

- **Treat your daily time with God like a date night.** Schedule and guard the time you spend together. Get *gussied up* in Holy fashion through the washing of Jesus's blood, then dress to the nines in His righteous robes. Come joyfully into His presence, knowing that the sweet perfume of your prayer is pleasing to Him. Hang on His every word in scripture, and don't hesitate to share your whole self with Him when you meet. Your best writing will come from the treasure He bestows when you bask in His presence.
- **Practice Holy Rest.** When God finished creating the world, our all-powerful God who neither sleeps nor slumbers ... rested. He used that holy day of rest to create a pattern of rest for His people AND to foreshadow the ultimate rest Believers would find in Jesus. Rest is different than sleep. Rest is a sacred pause from all striving. When we pause to turn our attention away from self-effort, His glorious face comes into full view. And we remember. Jesus already did it all. Our writing is only as good as our abide.
- **Remember whose you are.** Knowing to whom we belong changes the way we treat ourselves and others. Believers have the privilege of being children of the Most High King. In word, action, and deed (and in our writing) we should honor our Father's name and represent Him well.