

CPR

How to Resuscitate Your Spirit!

- Talita Harrisunkeer



C•P•R

An emergency life saving procedure that is used to sustain the function of the brain and vital organs by supplying blood and air to them.

Cardiac - **Relates to the heart**

Pulmonary - **Relates to the lungs**

Resuscitation - **Act or instance of reviving someone from appearance death or unconsciousness**



Resuscitating Tired Hearts

- Are you fatigued spiritually?
- Could it be that you are on the edge of “burned out” spirituality

One of the Major things of a tired heart is SIN

“Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.”



Matthew 15:17

**Lack of
Spiritual food**



**"Above all else, guard your heart, for everything
you do flows from it."**

Proverbs 4:23

**"A merry heart makes a cheerful countenance,
But by sorrow of the heart the spirit is broken."**

Proverbs 15:13

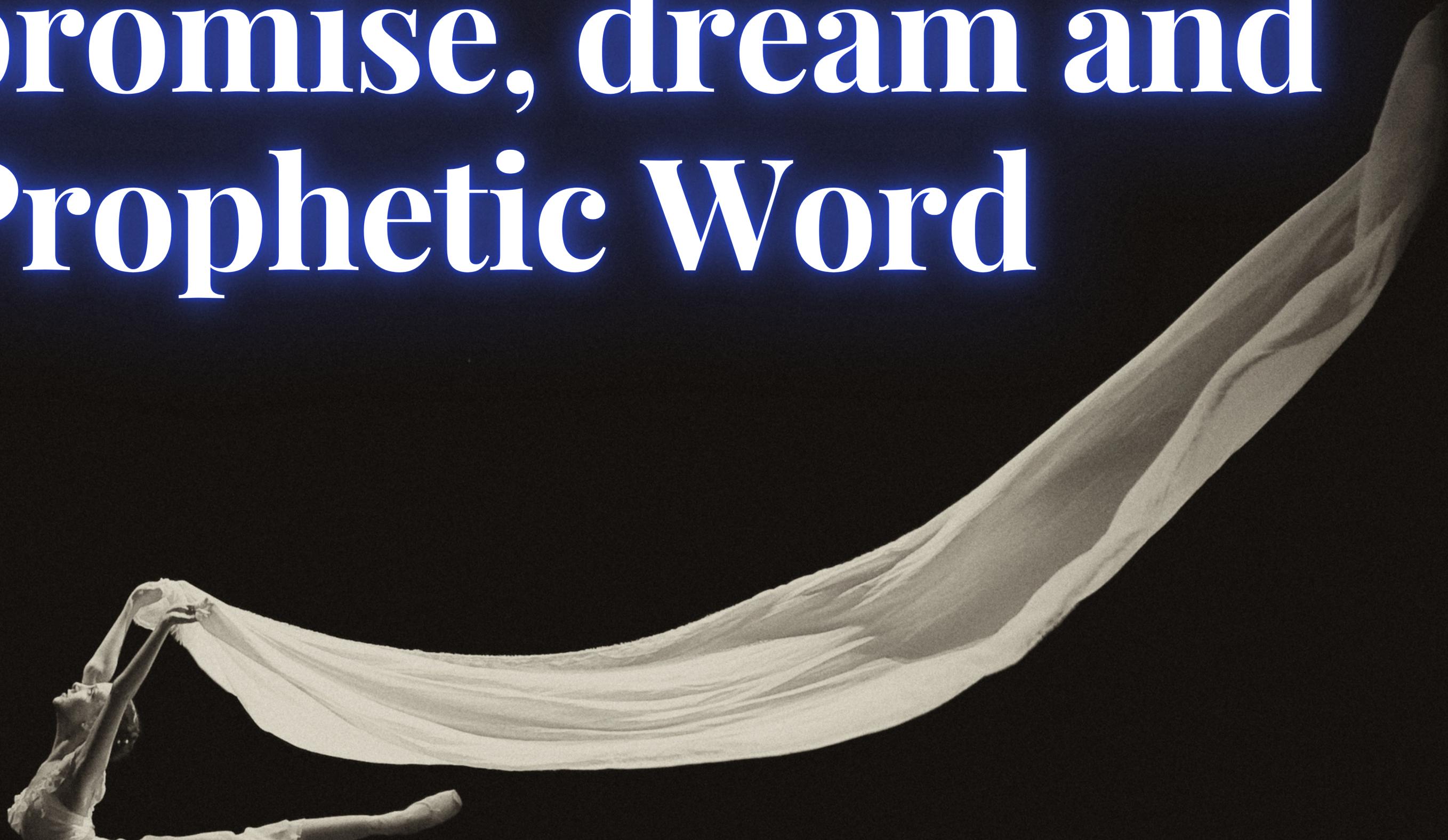
**Lack of
Spiritual food**

Resuscitating dead Faith

- **Dead Faith only touches the intellect**
- **Dynamic Faith Involves the Action**



Resuscitating the promise, dream and Prophetic Word



In the Christian faith we need to practice CPR of the Spirit:

-Confession, Prayer, Repentance.

-Calling, Purpose, Restoration.

