

The reason some believers aren't strong in their soul and spirit, and vibrant and passionate about life, is that there is no room for God to fill them with good things. All the space is taken up with negatives. Fear and worry will make you weak and vulnerable. Living stressed out will make you old and take your passion. Being bitter, angry, and resentful will shorten your life.

Is God trying to fill you with joy, confidence, and creativity, but there is no room? If you empty out the negative, God will have room to fill your life with good things. Instead of hanging onto bitterness after someone does you wrong, say, "God, I forgive him / her. I let it go." You didn't just forgive; you made room for God to give you beauty for ashes. It will enable you to have peace in the midst of the storm. Empty out discouragement, and God will fill you with joy and good things.

Psalm 103:5 "He fills my life with good things. My youth is renewed like the eagle's!"