

TO YOUR HEALTH

Many today are well-educated about the latest and most exciting news regarding health and physical fitness. From reading and recognizing every ingredient that is in a particular food package to knowing exactly how those ingredients affect the body, our society is replete with health enthusiasts. Sadly, however, the Spiritual health of mankind is altogether lacking. Christians must continually examine the condition of their Spiritual health and emphasize its importance over all else.

Spiritual health is determined by what we eat. Jesus stated, “blessed are they which do hunger and thirst after righteousness: for they shall be filled” (Mat. 5:6). Righteousness is perhaps the least sought after nutrient. Most people double over the trough of worldliness and their appetites can never be satisfied. We must be more concerned with what we eat Spiritually. If we hunger and thirst after righteousness, God has provided the perfect “meal.” Paul wrote, “for I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek. For *therein is the righteousness of God revealed* from faith to faith: as it is written, The just shall live by faith” (Rom. 1:16-17, emphasis B.G.). In order to be Spiritually fit and know how to be right and pleasing in God’s sight, we must feast upon His Word.

Spiritual health is also determined by how much we exercise. The physical fitness and exercise industries are big revenue makers. Almost every other television channel is an infomercial for the latest machine to make one healthy and fit. It is likely that billions of dollars are spent on exercise and exercise equipment each year. Yet, man’s Spiritual fitness is left to erode. The Bible teaches “exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come” (1 Tim. 4:7-8). We are also commanded to exercise our senses in order that we may discern between good and evil (Heb. 5:13-14). There is a famous quote regarding muscle strength and tone, “Use it or lose it.” The same can be said about one’s Spiritual conditioning. If we do not continue to study (2 Tim. 2:15) and grow in the knowledge of our Lord (2 Pet. 3:18), we will lose the benefits which accompany such exercise.

Lastly, Spiritual health is determined by the strength of our immune system. We are warned, “be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (1 Pet. 5:8). Christians must devote their energies to building a strong immune system. “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil” (Eph. 6:11). If not “vaccinated” with God’s Word, man can be “tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive” (Eph. 4:14).

Let us commit the majority of our time preparing for eternity by working to be and remain Spiritually fit. With a nutritious diet of the Word of God, a healthy exercise and training regimen of right living, and a strong immunity to false doctrines and those who spread them, we can be Spiritually healthy and ready to meet God.

- Brad Green