

The Check-Up

When you go for your annual physical do you get an affirmation that exercise and good diet are working? You likely hear questions about your diet and exercise every time you visit your doctor unless you are already in excellent health. Still, the doctor will ask you questions about your health habits. Or, does the doctor tell you that you need to make a lifestyle change to be healthier? The blood test reveals the results of your efforts in diet and exercise. The doctor compares current cholesterol and glucose numbers with those of past years to look at trends. This reveals if you are making progress or perhaps regressing. The doctor also checks weight and blood pressure and listens to your heart and lungs. All of these are important to measure the condition of your overall health, and they reveal information on your risk factors for more serious problems.



The check-up only documents the results of your efforts. What you do between check-ups determines those results. A good check-up doesn't happen by itself, but is the result of a conscious effort to live in a healthy manner.

What about your spiritual life? There is no physical exam to determine the health of your faith. Only you and God can determine how that is going. An intentional spiritual journey takes effort. It doesn't happen by itself. Throughout our daily lives we can't ignore God and hope that He has an important place in our hearts, and that our faith is growing.

Is your faith in an unhealthy place right now? Are you struggling with issues and trying to resolve them *before* bringing God into the picture? God has been referred to as "the great physician." That role applies to both physical and spiritual health. Bring Him into your daily life and let Him help keep you healthy.

At times we may get preoccupied with life and temporarily get out of shape. The same can be true for our spiritual life. When we realize we have slipped we can make the decision to get back on track and regain our physical and spiritual health.

We go to the doctor annually for the results of our physical health. The positive report is a result of daily exercise and eating right. Make the decision to the Lord daily to keep your spiritual health on a good track.

Scripture: *Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts (Colossians 3:16).*

Question: What are you doing on a daily basis to ensure spiritual health?

Prayer: Dear Lord. We thank you for the guidance you provide and the peace you offer to us. We pray we will keep you foremost in our minds on a daily basis. Amen.