

How is Your Health?

Most of us would respond to this question with an assessment of our physical health. What about our spiritual health?

In 3 John 2, The Apostle Paul states in his prayer for his friend, Gaius, that "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." What about our souls? (mind, will, emotions)

Our bodies can have a measure of health, but if our souls are not healthy and controlled by the Holy Spirit, we are sick in spirit and soul. What good is it to have healthy bodies and have sickness in our souls? Matthew 16:26 - What good will it be for a man if he gains the whole world, yet forgets his soul---

Our soul reflects our focus (God or Self). In Colossians 3:2 - We are exhorted to, "Set your (our) minds on things above, not on earthly things."

Then why do we spend so much time and money focusing on our bodies, which will return to the earth, at the expense of our spiritual health that will live on forever in either heaven or hell? (our choice)

The only answer I can come up with is that our flesh would rather focus on the present life, that which is temporal, at the expense of our future, which should be based on hope and faith in the unseen. It seems that we have forgotten the basics of the new birth that was planted within us when we first accepted Him as our Lord and Savior. Our declaration to Christ was to make Him our first priority, not our bodies.

I remember that when I was a child before Jesus Christ came into my life, the fear of death and the unknown was the very thing that brought me to accept Him as my personal Lord and Savior. Then there was a time in my life when my focus was more on my present life as if I was going to live on this earth forever. Since those years and as I have matured in the Lord, I see more clearly that my days on this earth are numbered by my Creator. So my focus now has shifted towards my future in Christ, which is based on faith in God, not my current earthly life, which is so temporal.

Matthew 6:19-21- Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

I was drawn up short on this when I read a recent copy of my high school newsletter where the names of all my deceased classmates were listed. More than a third of my class have passed away. This knowledge caused me to ask some questions. How many of these classmates waited too long to get their lives right with the Lord? How many of them focused on the pleasures of this earth at the expense of their spiritual health (a personal relationship with Jesus Christ), which would have given them the promise of a future with Him in Heaven? How many of them knew the truth of I Thessalonians 5:2 - For you know very well that the day of the Lord will come like a thief in the night?

How is Your Health? I trust that your spiritual health is prospering and will continue to prosper. If not, my prayer is, that the Holy Spirit would convict all of us who have been focusing more on our physical health than our spiritual health and that we would be brought to a place of glorifying Him by making our spiritual health a priority over our physical health which is so temporal.