

***In order to be healthy, every body
needs a proper diet, proper exercise,
proper rest, and healthy elimination***

November 15

Need I explain more? Well, regardless, here it goes. Balance is the key to life. Lack one or more of these components and you begin to feel the effects. God made us a spirit that has a soul which lives in a body, and each of these must be properly maintained for optimum effectiveness. Therefore, the body, soul, and spirit need proper care to achieve optimum healthiness. And no, that does not only mean the intake of the proper nutrients. It also includes the essential elimination of elements that have proven to be unhealthy and harmful if retained. So, do not think it strange that, regularly, you should search your soul and spirit and discard any and everything contrary to God's will, His way, and His Word. You will feel much better and be much healthier for it, He promises.

Prayer for Today

God, help me to confront the issues of my life that threaten my well-being as a temple of the Holy Spirit. Give me wisdom to recognize those things that menace my soul and spirit's health and to rid myself of them. Purify my heart, O God, and make me a clean vessel that You can shine through.

Scriptures for Today

James 1:21 Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted which is able to save your souls. (NAS)

Ephesians 4:22-24b ...in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self ... (NAS)