

Spiritual Health

How many of us promised ourselves or others that we are going to be healthier this year? We were going to eat better, exercise more, be more aware of what we are doing. We are almost into the middle of February so take inventory. How are we keeping those promises? Or, have most of them fallen by the wayside?

How would we describe our spiritual health? Is it bad, anemic, fair, or excellent? What standard are we using to describe our spiritual health? Is it one that pleases us or that shows us in a positive light? Are we willing to consider a second opinion? What does the Word of God say? We are to have the mind of Christ in us (**Philippians 2:5-11**).

Physically or spiritually, we need a support group. Our relationships to others are critical for our health. Spiritually, we must connect with other Christians and with God. Remember Jesus died to reconcile us to God and to one another (**2 Corinthians 5:18-21; Ephesians 2:14-18**). It is through Christ and the local congregation that we are to connect to each other (**Hebrews 10:19-25**).

It is Christ who has added us to His body (**Acts 2:47**). We are not on our own, we are part of the body (**Romans 12:1-5**). It is not ours to choose, God placed us where He desires (**1 Corinthians 12:12-27**). Christ is the head of the body, the church (**Ephesians 1:22-23**).

To be healthy, we must be active. It helps us to improve our mood. We are reminded that faith without works is dead (**James 2:17, 20, 24, 26**). We have been created in Christ Jesus for good works (**Ephesians 2:10; Titus 2:11-14; 3:1, 8, 14**). Just as physical activity helps our mental well-being, so spiritual activity helps our spiritual well-being (**1 Timothy 4:8**). Being involved in the work of the church provides us plenty of opportunity to be serve and be active.

To be healthy, we must be aware of our spiritual circumstances. We must be aware of the dangers that can befall us (**1 Corinthians 10:12**). We also need to be aware of the blessings that God provides for us (**1 Corinthians 10:13**). Our mutual edification with other Christians help us to remain aware of the possibility of departing from the living God (**Hebrews 3:12-14**).

We must remember that it is God who works in us (**Ephesians 3:20-21**). God has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue (**2 Peter 1:3**). We need to be thankful for all that God has done for and with us (**Philippians 4:6-7**). This includes our being kind to one another, tenderhearted, forgiving one another, just as God in Christ also forgave us (**Ephesians 4:32**).

To be healthy, we must keep learning God's Word. We are to grow in the grace and knowledge of our Lord and Savior Jesus Christ (**2 Peter 3:18**). One of the primary functions of the congregation is edification (**Ephesians 4:11-16**). Involvement with the local congregation helps our spiritual well-being. We are to study God's Word and show ourselves approved unto God as workman who need not be ashamed (**2 Timothy 2:15**).

As Christians, we are to give. Jesus taught us that it is more blessed to give than to receive (**Acts 20:35**). How can the love of God abide in us if we show no compassion for those in need (**1 John 3:16-18**)? Jesus taught that when we give, we are blessed in return (**Luke 6:38**). We are to give our time, our service, and our money.

We must remember that active participation with the local congregation is more important than we might think. Who is responsible for the consequences of our decisions? Whose check list are we using? Be careful because eternity weighs in the balance.

Something to think about!

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