

Whole Man Ministries Health Focus March 2014

Hebrews 12:11-13 NIV

11No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

12Therefore, strengthen your feeble arms and weak knees. 13“Make level paths for your feet” so that the lame may not be disabled, but rather healed.

We all struggle at some time to accomplish the things we need to get done, to make ends meet, and sometimes just to get through the day. When our bodies are not functioning as well as they should this can make these things even more difficult to get done. Just as we take the time each day to take care of our spiritual bodies – we pray, we study the Word of God, we come to church and worship and fellowship together – we must do the same for our physical bodies.

Anytime we begin to discipline ourselves and try to improve in any area of our life, there is pain. Whether it's beginning a new exercise program and eating healthier, there is some discomfort. But we must continue to push forward because there will be a harvest to reap. Being in good health is essential to live longer, happier lives.

Our goal is not to improve our physical bodies for appearance sake but improving our physical health so we will possess more physical energy that we can devote to our spiritual lives and being a good steward for the Lord.

Confidence and faith in God will enable us to conquer those things that would make us weak and feeble and become mighty and strong.

Our confidence and faith in God will remove all obstacles that seek to prevent us from getting on a path to healing and health.

We know how more access to information about eating and exercising for good health. It's time we take our health back. God truly wants His children to live healthy productive lives.