

Wednesday in the Word

Digging Deeper

December 19, 2021

Luke 2:13-14

Diet, Rest and Exercise

The Christmas season this year has been the focus of the studies of the music it inspires. As our Hymn and Carol writers explored their hearts and minds they have shown their deep understanding of the doctrine of the Word of God. These reflective folks have nearly rewritten scripture in fresh new ways. The beauty of these songs lift our souls in praise and instill the joy of the Lord in us bringing back nostalgic days of peace and memories of gentle times. Some Christmas Carols even speak of hardship and sadness yet yield to the only safety available. That found in Christ alone. Peace on earth and good will toward men can be found in no other. (Acts 4:12) Let us take a step back for a moment to get a look at the big picture. This music is written to worship God and inspire us. Preaching and teaching are practiced to help us grow in His grace and knowledge. (2 Peter 3:18) While some detractors may chide us for what they perceive to be boring, repetitive religion, we know that we have tasted Living Water and are constantly refreshed by returning to the Well. (John 4:13-14) The choices we make to dwell in the Spirit and to consistently return to His Love and Truth are based in the desire to experience spiritual health; sought by so many but found by so few. Health, often overlooked, seems not to be fully appreciated until it is lost. True Spiritual Health found only in Christ, is offered freely to all yet so many wander in a darkened spiritual illness. Why? Even Christians often suffer needlessly, perhaps having lost their first love. (Revelation 2:4-5, a serious position especially considering verses 2-3)

When you visit a doctor and hear of a new condition that will require some form of medical attention, the most often suggested course of action is prescription medicine. Introducing drugs into your system may indeed address your needs for a time but invariably will include side effects of some kind that may be less desirable than the original malady. The sick get sicker. Want to have fun with your Doctor? Ask if there would be any benefit to diet, rest and exercise rather than medication. Most of the time that answer is yes but many doctors feel you will not be able to be faithful to this new regime. Drugs seem easier. Poor diet, insufficient rest and lack of exercise will usually result in a degradation of general health, a weakening of the immune system and an open invitation to illness. Why? Because the human body was designed by God to be a miracle of existence (Psalm 139:13-17) and His maintenance prescription, also divinely designed, is that of replenishment of nutrition, recuperative down time and energetic performance. (Genesis 1:29, Mark 6:31, 1 Corinthians 9:24-27) When we eat the wrong foods, refuse much needed rest and avoid exercise like the plague we soon suffer loss in body, soul and mind. Does this apply to the spirit?

Diet, rest and exercise. We must eat good spiritual food; Matthew 4:4, John 6:35, 1 Peter 2:2, John 6:27, Matthew 5:6. We must turn to our only source of True Rest; Matthew 11:28-30, Hebrews 4:9-10, Exodus 33:14, Psalm 4:8, Philippians 4:6-7. We must dig into His Word and exercise it in life; Acts 17:11, 2 Timothy 2:15, 1 Timothy 4:8. Consult James chapter 2 for a practical explanation of the working out of your faith. Eat the right food; God's Word. Get proper rest; in Christ. And plenty of exercise; put feet to your faith. The result? Solid spiritual health. Selfishness, sadness, meaninglessness and emptiness dissipate as we worship the Creator and selflessly serve those He loves. We don't need to turn to the many false promises of the pleasures of the world; the medications the world offers to cover our symptoms. We have living within us the Key to full health. Heart, soul, mind and strength. Mark 12:28-31. Is there any better way?