

“You’re looking healthy!”

By Roberto Bruno

As I write this I am sitting in a waiting room waiting for the doctor to call me in. I figured it’s about time I get a check up seeing I’m in the middle of my life. You’ve heard the saying... “If you don’t have health you don’t have anything.” I believe that is true if we only live in the realm of the physical.

The Apostle Paul said in Romans 8:5, “*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit*”. I am all for “minding the flesh”, eating right, exercising, and getting eight hours of sleep... but if the spiritual aspect of our lives is neglected not only will we die physically which happens to all but we will never really live. “*For to be carnally minded is death, but to be spiritually minded is life and peace*”. Romans 8:6. Why is the carnal (*relating to the desires and appetites of the body*) mind death? It is death because it is the enemy of God. It doesn’t want anything to do with God. The strange thing is that there are Christians who claim Jesus but live carnally minded lives. No matter what they claim their actions are louder than their words. The Lord says in Isaiah 29:13 “*These people come near to me with their mouth and honor me with their lips, but their hearts are far from me*”. Let’s not act the Christian part but be honest with ourselves and God. “*Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one*”. Matthew 5:37 NIV.

God has given us the amazing gift of life on earth and an eternal life beyond this world. Let’s focus on God and His majesty and let’s leave the worrying about carnal things to the Godless. “*Delight yourself also in the LORD, and He shall give you the desires of your heart*”. Psalms 37:4. Let’s pledge this week while we are in prayer and reading our Bibles that we ask God to give us a spiritual check up to assess our spiritual health. If we find ourselves wanting let’s make the effort to become spiritually strong so we can partake of the “*life and peace*” that God promises.

