

## To Your Health



It seems you can't turn on any type of media without seeing an ad that promotes some type of health product. There's the "Keto Diet", exercise programs, gym memberships galore. It seems that our country is obsessed about looking and feeling good. Is this OK? What should the Christian's view point be when considering his or her health?

When faced with the question of health and the part it plays in our life as a child of God, one of the first passages of scripture we think about is *1 Corinthians 6:19,20* "What? know ye not that your body is the temple of the Holy Ghost [which is] in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." Within the surrounding context of this scripture is the teaching that using or abusing our body (in this case through sexual sin) is not pleasing to God. Therefore we have to conclude that keeping our bodies healthy is important. Let's look a little closer at this thought.

A healthy lifestyle equals an active lifestyle. Christianity is not a passive religion. It is a religion of action, of doing. We are to be "*doers of the Word*" (*James 1:22*). That means we are to have a life that is full of activity in the Lord's business. A Christian's work can be very demanding physically and being healthy allows use to have the extra energy needed to complete our day to day activities as well as do those things to further the cause of Christ. Christians should be the busiest people on earth! It takes vigor and stamina to be able to keep up the pace but if we are in good health, we can keep going and going during those times when we're called to extra duty. We must avoid those things that cause us to be unhealthy, things like over-eating, not eating a proper diet, avoiding exercise, using tobacco, alcohol, or drugs. All of these can contribute to us becoming sick and when we're sick, we can't be active in the Lord's work.

Finally, being a healthy Christian sets a good example to those around us. If we live a lifestyle that promotes good health and wellbeing, folks will notice and desire to be like us. *1 Timothy 4:12* tells us to "*be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.*" Jesus Christ is our motivation, the driving force that assist the Christian in righteous living. Do you want to be healthier? Do you want to be an active Christian? You can start today, you can change those bad habits that slow you down and keep you from doing God's will. Remember, through prayer, asking for wisdom and strength, we can do all things through Christ, who gives us strength (*Philippians 4:13*).

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