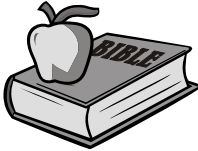


Stay Healthy

How are you meeting your spiritual needs? How are you nourishing your soul?



As a pastor I ask these questions a lot, but especially to folks who seem stressed out, overly busy, burdened by everyday problems, or who seem to be drifting away from church. They are also good questions to keep in mind over the summer, as many of us travel and tend to get distracted from our spiritual lives.

Like physical health, spiritual health needs our attention and priority if we are to enjoy lives that are strong, balanced and joyful. We know that if we never exercise, our bodies will become unhealthy. We will suffer, and our lives will be filled with pain.

Your spirit needs exercise, too! The best way to stay in spiritual shape is to pray daily, both informally (for instance, when you are diving) and formally (as at mealtime or bedtime). Go to the “gym” (church) where you can get a spiritual workout. Worship with your brothers and sisters, hear the Word of God proclaimed in music, Scripture and sacrament.

For advanced spiritual exercises you can meditate, join a Bible study, engage in service, practice love or just day sit in holy silence for a few minutes each day.

And how about your spiritual diet? We need to feed our spirit good stuff, too. The Bible provides the best spiritual nourishment. Like an apple a day, a little Bible a day goes a long way to keeping you healthy and strong spiritually.

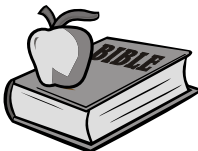
Spiritual health needs our constant attention, especially in the summer. When we go on vacation, it’s easy to go on vacation from God, as well. So this summer, work hard at your spiritual health.

Gleaned from Stewardship of Life, by Ron Blezard



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