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Daily Devotional - Monday, August 27, 2018 - Wisdom for Good Health

AUGUST 27TH 2018 BY DEE LOFLIN

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1 Corinthians 6:19-20

MONDAY

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Early in my college days, I studied and worked excessively, as I wanted to offer the Lord my all. Eventually, I realized that neglecting my health could hinder my serving Him, so I therefore had a responsibility to take care of my physical body. Since then, I have tried to use wisdom with regard to health. I believe that includes having the proper motivation and a commitment to practice discipline.

When we understand our worth in the Father's sight, we will be motivated to pursue good health. Our bodies are the temple of the living God (1 Corinthians 6:19). The Holy Spirit lives in us and carries out the Lord's work through us. When we are taking care of our health, we position ourselves to be able to serve when God calls. Our heavenly Father knows many of us have infirmities, but He wants us to take care of ourselves so we do not make our condition worse.

Discipline is the other component of a health-conscious attitude. Many of us approach exercise and weight loss in a "fits and starts" manner. While that may offer some value at the time, a more lasting method is of greater benefit. We need to develop new routines, within the structure of our family and work, for our bodies to thrive. Consistency over the long term is necessary if we are to stay in good condition.

A desire to eat right and exercise regularly does not guarantee we'll avoid disease or live a long life. But it does mean we will have done our part to keep God's temple in good shape for Him. Our calling as God's children is best fulfilled when we seek physical as well as spiritual vitality.

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