



Resource: "Endearing Elegance", Canterbury North Division, New Zealand

We are part of a body-conscious generation. Women who used to make fun of high school gym classes now flock to health clubs and aerobics classes. After exercising we can feel better, gain energy and experience more of a sense of well-being.

Our body and soul goals are appropriate as long as they challenge us and they're attainable and measurable. Physically our goals might be running a marathon, walking a mile, or doing some "armchair aerobics" whatever the goal is, our body needs us to reach for the goal. Spiritually, our goal might be daily prayer, reading Scripture daily, getting through the Bible in a year, or memorizing one verse each week.

Let's look at some nutritional/physical goals and discover that at whatever age we are, attainable goals are worthwhile.

Keeping the blood pumping strongly toward the heart is the key. You don't need to run a marathon to do this. Just squeezing your fist shut and opening it wide again pushes the blood up your arm towards your heart. Flexing and pointing your feet has the same effect. Raising arms up and dropping them down by

your side does the same job and all of these small exercises work muscle groups — that's got to be helpful!

Let's check our spiritual diets and physical diets. We're bombarded with suggestions to limit sugar and fat, increase raw fibre and fresh fruits, and eat organic food. That's exactly how our study of God's Word should be — as direct and fresh as possible! As food moves through the refining processes, some nutrients are lost and the personal meaning of God's Word is sometimes lost as well when it's processed through others.

We Eat Meals Three Times A Day

Are we willing to eat three spiritual meals a day too? Here is a suggested menu:

Breakfast: By using a written prayer, we can praise God for His holiness, faithfulness and love, and bring before Him the particular needs of the day.

Lunch: Reading an article or part of a book or listening to a teaching tape is a great way to enjoy a spiritual lunch.

Dinner: Another time for ‘soul food’ is mealtime prayer. This is especially a good thing to do when you have family over — praying together before or after the meal.

Late-Night Snack: We’ll sleep so much better reading a Psalm or something else encouraging, maybe a love story from the Song of Solomon!



Exploring Scripture

Read III John 2

Taking Action

What are your physical fitness goals?

List three steps you will take to reach your goals.

What are your spiritual fitness goals?

List three steps you will take to reach your goals.

Maybe it seems selfish to waste time on ourselves. Wrong! Our bodies are the temples of the Holy Spirit. Are we less valuable? The Lord is honoured when we take care of ourselves physically, nutritionally and spiritually.

Prayer

“Lord, my body, mind and spirit belong to You. Help me to care for them all wisely — feeding, exercising and resting them as a precious temple” Amen

Brain Exercise

Brain Exercise – New Zealand, Fiji and Tonga Territory

Here are some simple activities for stimulating the growth of brain cells:

- Think up 25 uses for a toothpick or an elastic band.
- Write a set of instructions for an every day task such as tying shoelaces.
- Use your non-dominate hand to brush your teeth, eat, or apply make-up.
- Try picking up things with your feet.
- Close your eyes and move around your home. Navigate by using other senses.
- Look at photo or painting for a few minutes then turn away and make a list of everything in it.
- Change something in your daily routine — take a new route home or try a new spot.
- Practise using both hands at once by bouncing two balls or stirring two cups of tea. Try throwing two balls of paper at the bin at the same time, one underarm and one over arm.

