

Devotion For November 5, 2021

² Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 2

A few weeks ago, I had my annual physical. The doctor checked my blood pressure, temperature, pulse, and then asked me a number of questions about my daily habits, nutrition, and exercise. Then the doctor gave me an order for blood tests to check my blood sugar, cholesterol and a number of other things. When I got those lab tests back he reviewed them with me.

I was pleasantly surprised to see that some of the results that in years pass were borderline or too high or too low were actually in the "normal" range.

As human beings made in the image of God, we have spiritual health as well as physical health. Since the Fall, it's also important to get regular spiritual checkups. As Christians, we have a Great Physician who can heal our spiritual maladies. Instead of checking your blood pressure, He may check your love level. He may examine your attitude instead of your reflexes. He may "test" your obedience, contentment, and patience. What would be the diagnosis? Would it be good news? Or is the disease of sin lurking behind a smile?

Thought For Today: Have you done a spiritual health exam recently? Examining your spiritual health is not meant to be a guilt trip. It is an exercise to humbly and truthfully see yourself as God sees you. As sinners, none of us will have a clean bill of health this side of heaven. What part of your soul needs the Healer's touch?

Today's Prayer Focus: As you examine your spiritual health, what areas do you need to commit to God in prayer? Deo Volente.