

### 3 John 1:2 (NLT)

*Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.*

I have a friend who lives in Florida. I've known this guy for over 20 years, actually he was the singles pastor at a church I went to in California. When we were in California, he was just a normal looking guy, but not anymore. No, this guy is buffed, and I mean buffed. He is one of those guys that you would expect to see on a muscle magazine. But how did he get that way? By eating right and working out.

Another person like this is my nephew. He used to be pretty thin and a normal looking guy, but now he is buffed also.

With that in mind, here's a question for us. Would you eat food that's good for you and food that's bad for you all the time and expect to have a strong healthy body? Do you think my friend and nephew would eat vegetables, and fish and protein shakes; and then turn around and eat pizza, ice cream, doughnuts while sitting round watching TV all the time, and expect to look all buffed like they do?

Not at all, you may be thinking, you can't look that way by eating junk food and sitting around watching TV all the time. You have to eat right and workout or exercise.

Now that we talked about the physical body, let's talk about the spiritual body.

Do you read the bible every day, and go to church a couple times a week, but then the rest of the time you watch stuff on TV or at the movies that fill you with the junk of the world, or go to places, like bars or clubs or go out drinking and expect to have a toned, buffed and strong spiritual body?

Just like eating right, working out and staying away from junk food and not being lazy is good for your body. So is reading the bible every day, going to church and staying away from the junk of the world, is good for your spiritual body.

So if you are struggling with sin or compromising your Christian walk, maybe you should stop and look at what you are filling your spiritual body with. A bunch of junk from the world, or are you abstaining from the worldly stuff and filling yourself with the good things of God.

† **Psalm 34:8** *Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!*

† **Revelation 3:8** *I know your works. See, I have set before you an open door, and no one can shut it; for you have a little strength, have kept My word, and have not denied My name.*