

James 1:23-24

For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was.

If you spend more time on your physical body, than your spiritual body, then you can see your god in the mirror.

“Come on Steve, are you attacking those who work out and want to look and feel good?”

Nope, not at all. But it is something for us all to think about in regards to our priorities. Are they spiritual or physical? Now it's not wrong to work out and have a fit body, just like it's not wrong to have nice things in your home.

But the statement has to do with our priorities and not about working out. What consumes our thoughts? What consumes our bank accounts? What consumes us more than anything else? What are we investing in?

Yet we struggle with sin, and wonder why we do? Could it be that we are investing more time in things of this world which are here today and gone tomorrow?

What if I had this cool Ferrari (No, I don't have one) and I invested all my time and money into this, keeping it looking and running great. Now I wouldn't have time for my family or friends because my focus is on a car, which will someday be gone, and when I die I can't take it with me. Yet I also neglect eating and exercising and I became run down and sick, so much that I couldn't spend time on my Ferrari. What good have I done? None at all.

But If I spent time with my family, worked hard at my job, and ate right and exercised or at least did physical activities outside of working on the Ferrari, then spent my free time, like as a hobby on the Ferrari, then everything would be good.

Simply our priority should be on the spiritual body, which we will have after we leave this world and go into heaven.

† **1 Corinthians 7:31 (NLT)** *Those who use the things of the world should not become attached to them. For this world as we know it will soon pass away.*