

James 1:23-25

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. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

“How do you feel when you look into the mirror?” A question asked on TV when I was channel surfing and a info commercial was on. It was asked because they know most people do not like what they see when they look in the mirror, and it was a means to sell their exercise program to help you look better.

We can ask the same question, how do you feel when you look into the word of God? You read of all these people who do awesome things for the Lord, and you see yourself as a spiritual wimp, or even fat and flabby spiritually, because you feed on the word of God, yet sit around doing nothing with it.

So, going back to the original question of looking in the mirror and not liking what you see. Are you quick to make your physical body look better, maybe eating better and starting to exercise or at least take walks?

Now for the other question. How much effort are you putting into making your spiritual body healthier and stronger? Does it make you want to read the word more, even studying it, and pray more and even doing what it says?

Are you more concerned with your physical body and what the world thinks about you and how you look, so you want to show off a good looking physical body. But when it comes to spiritual things, you live like the world does because you hide your relationship with Jesus and you show that by the way you live? Even Jesus said:

† **Matthew 10:28** *And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.*

† **Matthew 6:30-33** *Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

If Jesus is more concerned with our spiritual body which is for eternity, shouldn't we be more concerned with it to?

† **2 Corinthians 5:9-10** *Therefore we make it our aim, whether present or absent, to be well pleasing to Him. For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.*