

## John 6:63

*It is the Spirit who gives life; the flesh profits nothing.  
The words that I speak to you are spirit, and they are life.*

When I read today's verse, the first thing that came to mind was a car. Think of the Spirit as the engine "*the Spirit who gives life*", and the body of the car as the flesh "*the flesh profits nothing*". We tend to spend more time on the flesh than the spirit. For a car, it would be like washing and waxing your car all the time, washing the windows everyday, polishing the chrome. Some people also put bumper stickers on their car, or a fish or a dove, to let everybody know that the driver of this car is a Christian.

But, if you spend so much time on the outside of the car, and very little, or no time on the engine, or the workings of the car, by filling it up with gas, or have the oil changed, check the brake fluid and the antifreeze in the radiator, your car may look good, but it ain't goin nowhere, or it's going to break down all the time.

All cars, regardless of the age even have warning lights (Also called an idiot light) to let you know that there is a problem with the engine or it's overheating. Newer cars now have computers that tells you if the air pressure in your car tires are getting to low, as well as telling you when it's time to change the oil or get service on it, you know, normal maintenance. Mine even tells me when I am veering out of my lane, or I am getting to close to the car in front of me. It also tells me when a car is next to me, so I don't change lanes and run into it and get into an accident.

But do you want to know what the car doesn't tell you? It doesn't have a light to tell you when it's dirty, or when a bird poops on it, or when the tires are no longer shiny. No, because the car makers know that you will take care of the outside of the car, so there is no need to have a warning light to tell you that. But they do know that people will not know when to get gas, so the gas gauge was invented. Or when the oil change needs to be done, so once again, it will tell you, because the manufacturer wants you to enjoy your car, and you can't if it breaks down because you didn't take care of the most important parts of the car, and those parts are the engine, transmission, tires, brakes etc.... things that makes the car actually run, and run smoothly.

But how many times do we treat our flesh like our cars? We make sure we look good, and will buy soap to wash our body, shampoo and conditioner for our hair, cream and make up (at least women do) to make them look younger and prettier, and we make sure we have clean clothes (and T shirts with Christian sayings on them, like a bumper sticker on a car) and shiny jewelry (think shiny chrome here). Our shoes are nice and clean, and if we could we would put Armor-All on them to make them shinier, like we do on our car tires. But no matter how shiny your cars tires are, if the tread is worn down, it will not keep you safe on the road. And if your shoes are shiny, but there is no soul, then it hurts to even walk in them, but forget the pain, your shoes look good, even though your feet are getting ruined for life.

But we still try and hide who we are as Christians, by making the outside look good, yet on the inside, the rod is about to go through the block because there is no oil (think Holy Spirit) in the engine, and any minute your spiritual body is just going to stop functioning, because you never gas it up... except on Sunday to go to church. But a buck and a half of gas won't get you far these days. But how many people will spend an hour and a half at church, and that's all the fuel their spiritual body gets all week. Then they wonder why by the end of Sunday, they have run out of gas spiritually, and will just sit there doing nothing the rest of the week, because they are not filling their spiritual tank everyday, by refueling, meaning getting into the word everyday, and in prayer.

My car is a 2018 Honda, so it's five years old, and it not only still looks brand new, but it also drives like it's brand-new, because I take care of the outside of my car, as well as always making sure there is plenty of gas in the tank, and that it gets normal maintenance so it's running strong.

But even though I do that with my car, I do more so with my spiritual, as well as my physical body. Every morning I take a shower, tending to the flesh, but I also get into the word every morning as well, and I spend a lot more time in the word than in the shower, because even though I don't want my flesh to stink, even more so, I don't want my spiritual body to run on fumes and die out.

A dead body does not look good at all in a casket, no matter how much you do to the outside of it. A dead spiritual body does not look good either, no matter how much you try to make the flesh look good. But a live, healthy body looks fantastic when the spiritual body is well nourished. You know, those people that you see for the first time, and you can just tell that he or she is a Christian, it's not the outside looking good that tells you that, but rather the buffed spiritual body that does.

† **1 Timothy 4:8** *For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.*

† **1 Corinthians 9:24-27** *Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*