

STAY AWAKE BODY, MIND, AND SOUL

HEALTHY CHOICES

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 1:2 (NIV)**

BODY AND SOUL **11**

Rachel Starr Thomson [Ontario, Canada]

I try to walk a couple of kilometers every day. I hope that taking a daily walk will keep me healthy when I am older. For now, it gets me out of my chair and into fresh air and sunshine once a day. It gives me time to think, to be creative, and to pray.

I enjoy walking and get a lot of benefit from it, but getting myself out the door isn't always easy. Walking is like praying, Bible reading, or eating healthy food instead of a bag of Doritos. (Yep, I'm eating corn chips as I write!) Something in my nature—in human nature—fights against doing what is good for us.

I make myself walk. And when I do, I find it easier to make myself pray, to read my Bible, to build healthy relationships, to eat nutritious food. Discipline in one area of my life spills over into other areas. Body affects spirit and vice versa. I walk not only because it's good for my body, but because it's good for all of me. Like everything else in my life, walking is part of my worship. <

ACT ON IT: Choose one healthy activity. Discipline yourself to get moving, reading the Bible, eating healthy, or praying every day.

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After watching the documentary *Fat, Sick, and Nearly Dead*, I decided to make one small change in my diet. Every morning, I blend together fresh or frozen fruit, flaxseed, yogurt, and lots of spinach for a delicious breakfast packed with nutrients to keep me going throughout the day. I was wary of the spinach, but I can't even taste it when

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Prayer for Our Bodies

Steve Matthews

Loving God,

we have heard that we are made in your image.

We have heard that we are “fearfully and wonderfully made.”

We have heard that our bodies are your temple.

Help us to believe the truth of what we have heard.

Help us to grant our bodies and spirits the grace of resting in this truth,
even when our faith in ourselves falters.

Help us to practice believing that the skin we’re in and all that it encompasses is good.

You have made us beautiful and complete just as we are.

Help us, Lord, to reflect a sense of beauty, completeness, and possibility
to everyone we meet

so that they too may come to believe that they are beloved.

In Jesus’ name, we pray. Amen.