

NEGLECT—BAD IDEA

Hebrews 10:22

“Let us draw near to God with a sincere heart in full assurance of faith, having hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.”

Michael stared, mouth open, at his sixth-grade little brother, Jeremy. “Time for you to go on a diet, bro.” He teasingly patted Jeremy’s pot belly.

Jeremy frowned, looking down, and hitched up his baggy pants. “Yeah, well...I’ve been lazy this winter, after football season ended.” They finished their Saturday morning breakfast together in the kitchen.

Stacking their dishes in the dishwasher, Jeremy asked, “Want to help me lift weights at the gym?”

“Not a good idea, Bro. Begin with calisthenics to loosen up, then proceed to the workout you learned in football pre-season camp. You know the drill.”

“I guess you’re right” Jeremy admitted. “Spring’s around the corner, and I want to look good at the pool.” Jeremy went outside and stretched. He began running. After running around the block, he decided to continue further, disappearing down the street.

An hour later, Jeremy slammed the kitchen door shut, and slumped onto the living room couch. “Hi, Jeremy. Want to come grocery shopping?” his Mom asked. “Not really.” He finished slurping his Gatorade and swallowed. “I’m getting a sore throat. I suppose getting back in shape wasn’t such a good idea.”

Let's look at this from a different perspective. If Jeremy had also neglected his relationship with the Lord, getting back into spiritual shape would be easier. He'd be only a prayer of repentance away from returning into family harmony with God. By continuing to do his daily devotions and studying God's word, he'd gain discernment and flex his faith muscles regularly.

Believers want to draw closer into a deeper relationship with their Lord. Seeking God does not make believers' lives perfect, and stress-free. In fact, pursuing righteousness does not exempt us from trouble (2Timothy 3:12).

Neglecting God, like neglecting one's health, is always a bad idea.

But, a life dedicated to loving others and pursuing God is always a good idea.

Take Home Nugget

Jeremy knew his sore throat was his fault. (He'd also neglected gargling and washing his hands frequently.) He knew how to keep both his body and spirit in good health—and changed his habits to reinforce quality care. Tending our bodies, minds, and hearts are always good ideas.

The roots of good health are grounded in sound body and spiritual care.

*I've strayed, Lord, and turned aside,
Neglecting to hear Your voice.
But now, I dive into you and abide,
Making Your will my choice.*

J.D. Griffith