



For from you the word of the Lord has sounded forth... in every place. (1 Thessalonians 1:8)

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Don't Get Flabby

During the last few months, with so many people working from home, or maybe out of work, I have seen an increase of people walking, running and bicycling through our subdivision. It is commonly accepted that physical exercise is very important in maintaining good health, both mentally and physically. So, apparently, many are making time in their day at home to get out and exercise. In fact, there are many that do so early of a morning or late in the evening who might be dedicated to do the exercise either before or after work. After all, they don't want just sit around and get flabby during this pandemic.

That principle of exercising for good health is true spiritually, as well. Whether young or old, there is a need to exercise spiritually for good spiritual health that we may "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18). During these difficult times we should not "get flabby" spiritually any more than physically.

Studying the Bible should be a part of the routine of everyone, especially right now. Many have more time to read and study God's word. Regarding the blessed man, the psalmist wrote, "But his delight is in the law of Jehovah; And on his law doth he meditate day and night" Psalm 1:2. Since you are not running from one activity to another with children you should have more time budgeted for studying God's word. Whether you are back to work or staying at home, you should budget time for reading and meditating on the word of God.

Prayer should be even a greater part of our lives during this difficult time. Many do not have the rigid schedule once observed. You should be able to set aside a time when you can go to God in prayer and not be concerned about how long you spend with the

Lord. You can "continue steadfastly in prayer" (Colossians 4:2). You can rise up early to pray (Mark 1:35). With more opportunity to decide your own schedule, you can even spend hours in prayer (Luke 6:12). You will be able to spend more time praying for leaders and all men (1 Timothy 2:1-2). In doing this, you will have a greater effect on what happens around you, for "The supplication of a righteous man availeth much in its working" (James 5:16).

Good works should be a part of every Christian's life (Galatians 6:10). Jesus went about doing good (Acts 10:38). We should do the same. I realize we might be more limited at the present time, but surely we can think of good that can be done. There are many who are more at risk and spend much of their time shut in at home. Is there a way you can help them? And for those who don't get out, is there a way you can help or encourage others from your home? Just maybe you can help bear one another's burdens (Galatians 6:2).

All of this is important in one's Christian growth. Every Christian should study, pray, and do good throughout his lifetime. However, we just might have more opportunity to do that presently because we are limited in our secular activities.

Paul wrote to the young Timothy, "And exercise thyself unto godliness: for bodily exercise is profitable for a little; but godliness is profitable for all things, having promise of the life which now is, and of that which is to come" (1 Timothy 4:7-8).

Certainly bodily exercise is profitable. *So is spiritual exercise!* Don't get flabby.

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