

Ever Increasing Health in Christ

*We do not lose heart.
Though outwardly we are wasting away,
yet inwardly we are being renewed day by day.
(2 Corinthians 4:16, NIV)*

We're all engaged in a battle to
keep our bodies healthy and attractive.
It is a worthy effort.

But it is a battle you will lose.
Your body will decay and die.
In fact, it is happening right now.

On the other hand, that inner core of your life,
that relationship with God,
that inner life you share with Him,
can grow more and more healthy as time goes by,
no matter what happens to your body.

That is where your future lies.
That is where your
time,
thought, and
effort
will yield the richest rewards.

Life is precious.
Invest yourself in what will last.

*Father, help me to
spend less of myself on
things that won't matter eternally.
Reform my habits to
better express my faith.*

Hymn: [Live for God](#)