

You've Got To Use It

by Wayne Goff

There are many wonderful things in the world which help us in our lives, but they will not do any good if you do not use them!

Physician's Prescription

Many people go to the doctor to be diagnosed and treated for various and sundry ailments. The doctor may have the exact diagnosis, and the perfect prescription — medicine or a regimen — but it doesn't do any good if the patient does not use it. A doctor once said, "We have many solutions to problems today, but the difficulty is in getting people to act on them." For example, **diet and exercise** are the main solution for obesity, diabetes, heart disease, etc. But if the patient will not exercise and eat properly, then the solution does no good.

Brushing & Flossing

Dentists tell all of us in our regular check-ups to brush daily at least twice and floss regularly. It has even been suggested that several diseases can be traced back to poor oral hygiene. But cavities and illness go unchecked when we do not act on them. Getting people to brush their teeth daily is a habit learned early in life. If you did not learn it as a child, then try to do so now. Cavities, root canals, and even dentures are no fun!

Reading Good Material

We are familiar with the old computer adage "Garbage in — garbage out." This is absolutely true also with what we put into our heads. Many people fill their minds with useless trivia, movies, songs, games, entertainments, and have little of substance to show for it. Even worse, false philosophies have been promoted as **fact** and people have believed them to their own detriment. So how many people actually read and put into practice self-help books? For example, Stephen R. Covey's, *7 Habits of Highly Effective People*, might be a good choice. But many of us would rather read something light and breezy! Read any good history books lately? When is the last time you brushed up on your algebra or geography knowledge? Well, I must confess that I have not found time for those things either. But it would be good if we all did expand our knowledge base, and/or refresh our memories in these areas. There is plenty of information out there to study, and lots of good places to improve your knowledge, but you have to use them.

Useful Advice

We all tend to look for competent advice in life. Self-help books, quick fixer-uppers, etc. are advertised, promoted and encouraged. Once again, few of us actually take advantage of them. Naturally, that is our right and our choice. But we might be missing out on something. For example, I just read in Reader's Digest that "laughter" will actually make you smarter! I know for a fact that **humor** is healthy. "*A merry heart makes a cheerful countenance, ...*" (Proverbs 15:13). It is not that we must laugh our way to the grave, but laughter can give us a merry heart and it can give us a brief respite.

The Bible

Well, here is where I was going all along! We all give lip service to the Bible, but how many of us *really* study it as we should? I would venture to say that **most** of us do not study it nearly enough. If you only study your Bible to fill out your Bible class workbook, then you do not study enough. We are not talking here about *obligation*, but *privilege*. It is a tremendous privilege to read from the pages of a Divinely-inspired Book! The Creator of the Universe is talking to us about *life, death, and eternity* — **and we're not interested?!** God formulated *the Scheme of Redemption* in eternity, and we have a ho-hum attitude about the whole thing **even though it's all about us!**

Perhaps part of the problem today is that we have **entirely too much information** at our disposal. We can find the entire world's news in a flip of a TV channel. We can choose Talk Radio about politics, sports, finances, and even weather. Then we have music channels of every genre one can imagine! God's Word easily gets put on the back burner. More Bible reading and contemplation will do you a world of good!