

## Take Time To Be Healthy

by Wayne Goff

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*We sing the well-written song, “Take Time To Be Holy” by William D. Longstaff, and if we truly take its message to heart, then we will also be taking time to be healthy! Do you meditate on God’s Word? Do you cast all your cares on your heavenly Father in prayer? If so, then you are healthier than the general population! If not, then shame on you for two reasons — your spiritual health, and your physical health!*

### Religion & Spiritual Practices

While reading the recent issue of *Our Health Matters* [May+June 2017], I came across an article entitled “Religion and Spiritual Practices Help People Cope with Stress” (p. 10). In this article, Dr. Robert Hill stated:

**“Prayer and meditation have been and continue to be rich resources for relieving stress. From centuries-old Benedictine spiritual exercises to intercessory prayers that occur during Wednesday night prayer meetings all over America, spiritual disciplines are trusted as effective means for overcoming difficulties and coping with ordinary and extraordinary times of duress in human life.”**

It is tragic that brethren too often do not practice what we preach! And you do not have to have a doctor’s degree to know that prayer and meditation on God’s Word helps one both physically and spiritually!

As I often say, tongue in check, **“Oh ye of little faith! Wherefore art thou, Romeo?”** (This is a preacher’s joke about how ignorant some people are of the Scriptures — confusing the King James Version with Shakespeare’s works.) But too often we don’t have the time to pray, read Scripture, and meditate. The truth of the matter is that we don’t have the time **not** to do these things! And the last I checked, days are still 24-hours long — the same length for Noah, Abraham, King David, Jesus, the apostle Paul, etc., etc. They found time to do these things, and you and I must do the same. It is beneficial in every way for us.

### 2016 Pew Research Center Study

The brief article I read also quoted a 2016 *Pew Research Center Study* which said that highly religious people are generally happier and more inclined to use meditation as a way to cope with the experience of stress. So again I ask: “Do you pray, read Scripture and meditate?” As a Christian and preacher, I must confess to being a bit “surprised” myself to find that in times of great stress and anxiety, reading the Scriptures actually calmed me down, redirected my focus, and lowered my blood pressure. Since God the Creator made both me and the Scriptures, why was I surprised? I think sometimes we think religion is just for the hereafter. But Paul plainly said that it had promise of the life that now is and of the one which is to come (1 Timothy 4:8).

### “I Don’t Believe In Meditation”

Some brethren associate what we are talking about with yoga, Buddhism, Hinduism, etc. But even physicians will tell you that there is a physical benefit from yoga and other forms of self-meditation where you slow down your heart rate, calm your breathing, get in touch with your body, stretch your muscles and generally relax! Prayer, reading Scripture and meditating on truth does the same thing **plus** it gives you greater faith, greater hope, and greater trust in God — things yoga, Buddhism, and Hinduism cannot do.

### Are You Willing To Try?

Surely some reading this are still **doubters**, but if you will give it a try, then you will become a *true believer* in what God has been saying to us all along anyway! Try these, if you dare —

- The power of positive thinking, Philippians 4:8
- Give attention to reading the Scriptures, studying doctrine and meditating on these things, 1 Timothy 4:15

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