

## Take Time To Be Healthy

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by Wayne Goff

### continued from 322103

- Spiritual wealth and security, Psalm 1:2. *"But his delight is in the law of the Lord, and in His law he meditates day and night."* — See Ps. 1:3.
- Self-examination, 2 Corinthians 13:5 and Psalm 19:14. *"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer."*
- Anxiety-reliever, Matthew 6:25-32. Do not worry about your life, your food or drink, or your clothes — your heavenly Father provides these things to you as surely as He feeds the birds of the air!
- Priority-setting, Psalm 77:12; 119:15. *"I will meditate on Your precepts, and contemplate Your ways."* Psalm 119:27 — *"Make me understand the way of Your precepts; so shall I meditate on Your wonderful works."*
- Remove revenge-wishing, Romans 12:19-20; Psalm 119:78. *"Let the proud be ashamed, for they have treated me wrongfully with falsehood; but I will meditate on Your precepts."*
- Great understanding, Psalm 119:99. *"I have more understanding than all my teachers, for Your testimonies are my meditation."* [Isn't it amazing what the Created can learn from his Creator?!]

### Ready To Die?

Yes, prayer, Scripture reading, and meditation have great value as stress-relievers in this life. But the practice educates, assures, comforts and nourishes the soul as well. Christians eventually die, too. Children who obey their parents have a greater hope of living a long life (Eph. 6:2-3), but even they will die eventually. When that day comes, the Christian who has practiced these things has a great hope of eternal life! *"Then those who feared the LORD spoke to one another, and the LORD listened and heard them; so a book of remembrance was written before Him for those who fear the LORD and who meditate on His name"* Malachi 3:16. *"A book of remembrance"* — the *"Book of Life"* (Rev. 20:22) — contains the names of those who fear Jehovah and who encourage other Christians, and who meditate on His name and His word.

The final paragraph of the referenced article reads:

**"Spiritual practices and religious disciplines are not magical strategies that can immediately lower one's blood pressure or erase the ravaging effects of hypertension. But religious people abound in their testimonies — and science has likewise testified — to the efficacious power of prayer and meditation to enhance one's quality and quantity of life."**

(If you want a **beginning** place yourself, then may I suggest *memorizing* Psalm 23 for starters? Yes, **memorize** the psalm! You *automatically* meditate as you memorize, if you are thinking about the 116 NKJV words at all!)

322104