

October 28, 2018

Scott's Thoughts



“Who is your Doctor?” I have been asked this question several times in the last few weeks. My answer has been, “Which one?” I have about nine of them, and each has

their speciality. Am I really that sick? No, in fact I’m enjoying fairly good health but it does take each of them doing their part to keep this old bag of bones rolling along. I take some medications on a regular basis and I’m sure each of those contributes to my overall well being.

I like it better when my body functions without outside intervention. Don’t get me wrong I’m happy that the doctors and the medication they prescribe are making my life not only better but longer. Never the less I seem to have a hard time remembering to take my medications every day. Some days I wake up thinking about what’s on my list of things to do today. I get busy with that and forget to take the medications. We all know how medicines work they are given in very specific doses and will build in the body until they have the desired effect. When you fail to take them as prescribed they cannot have the desired effect on your body.

I have to be an active participant in my health care. My participation can be as simple as taking

my meds on time or watching the content of what I eat and the amount of what I eat, drinking more water than soda, and taking a walk to get some exercise. I cannot go to the doctor and say, “Here I am. Fix it.” I have to do my part so that I can enjoy reasonable physical health.

Our spiritual lives are really strikingly similar. God is the ultimate Doctor. He knows what we need and makes it available to us. He can do that because His son paid the price for our spiritual health. Salvation is the free gift of God but after we have that we need to maintain our spiritual health and we must participate in our spiritual health.

How much participation is enough? To my way of thinking exposure to the Word of God every day is vital in maintaining spiritual health. Just like the medications that the doctors prescribe, exposure to God’s word every day has a cumulative effect. Imagine what a lifetime of building our lives based on the Word of God could have, both here on earth and in the life to come.

Thanks’ for listening and Keep on Shining,
We love you. —Scott