

August 19, 2018

Scott's Thoughts



One for blood pressure, one for cholesterol, one for allergy, calcium, a multi-vitamin, and several more, some of them are taken each day some only three times a week. I take

them faithfully. I have had and still have some health problems. I don't like being unable to function as I want so this is what I have to do. Take the pills, watch my food both type and amount, get a reasonable amount of exercise because I want to live better for longer. You most likely do the same maybe you take different pills for different problems but we do what we can to extend our life in a comfortable manner.

Many have abused themselves in their youth and have waited too long to give their body the attention it needs and find themselves now living with severe difficulties. Some symptoms sneak up on us so gradually that we fail to realize that we are having problems until the disease has reached an advanced stage. Oh warning signs abound, but we just look right past them and tell ourselves nothing is wrong.

Thankfully modern medicine is able to help us overcome the damage caused by our delays in seeking treatment. I have a friend in Alabama that thought he might have cancer but refused to seek any form of treatment until it had reached a stage four state. You can imagine the stress that diagnosis immediately put on both him and his wife.

Fortunately he was able to have a very successful surgery to remove the offending cancer, but he almost waited too long. The outcome could have been very different.

Even in the best of cancer cases you have to be watchful and go back twice a year for five years to see if the cancer has returned. Maybe you have developed one health problem only to find another has raised its ugly head. You begin to wonder am I ever going to get well.

If I had known at 17 what I know now, would I have done things differently? We like to think we would have but we most likely would have made many similar mistakes and wound up with a different set of problems but problems still the same. It's the old story of the grass is always greener across the fence.

We also need to pay attention to our spiritual health the same way as our physical health. Without consistent attention our spiritual health can slowly decline. Little by little, bit by bit. It takes so little time to keep on top of our spiritual health but it must be at the top of our daily list. Take time today to do a spiritual assessment. Where am I at? What do I need to be doing to make sure I'm as close to God as I need to be?

Let us know if we can help and thanks for listening.

—Scott