

## Is It Time To Exercise?

Lately, some of us have talked about being physically fit. That probably does not surprise anyone, because it seems to be an ongoing conversation. There are programs and plans that can help. Probably, the best advice is like anything else, pick one and do it!

I wonder, though, if there is anyway to tell when we should be in better Spiritual Shape! I'm not wondering a lot, because I believe there is a way to know.

Part of it is what it feels like when we face spiritual struggle. Is it easy to just keep on being the same sinful self? OR if we decide, well, "I want to be more spiritual" does it hurt? Do we find that it is difficult to do better than we did.

After the experience, do we find that we are sore spiritually? Do we have, maybe, a bruise on our souls or on our consciences here and there? Because we know that things ought to be different, we feel pain that we have not felt before?

Exercise does that you know. When you exercise it makes you sore. Unless you continue to do it regularly, you end up having to start back at simple routines. You end up having to take baby steps again. Oh, wait, that sounds really familiar!

**Hebrews 5:12-14** *"For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses **exercised** to discern both good and evil."*

Love to all,

Andy