

How is your Health?

By: David Burruss

It is common for people to downplay their health concerns or spiritual condition. Denial can be a powerful defense mechanism, shielding us from uncomfortable truths. Just as someone might ignore a doctor's advice about their physical health, we sometimes avoid confronting our spiritual needs.

Spiritual health is essential, yet it's often overlooked or underestimated. Like physical health, it requires intentional care, self-awareness, and honesty. Here are a few parallels between physical and spiritual health:

1. **Self-Perception:** People tend to see themselves through a positive lens. We may think we're spiritually healthy because we attend church or engage in religious practices. However, true spiritual health goes beyond external actions—it involves a heart transformed by love, compassion, and humility.
2. **Diagnosis:** Just as a doctor diagnoses physical ailments, we need spiritual discernment. The Bible serves as our guide, revealing our need for a Savior. When we recognize our sinfulness and turn to Jesus, we find healing and forgiveness.
3. **Sound Teaching:** Paul's warning in 2 Timothy 4:3-4 is relevant today. Many seek teachers who affirm their desires rather than challenge them. Healthy spiritual growth requires a hunger for truth—even when it convicts us.
4. **Honesty:** Let's honestly assess our spiritual health. Are we growing in love, patience, and kindness? Do we prioritize prayer, Scripture, and fellowship? Or are we merely going through the motions?

Remember, just as physical health impacts our daily lives, spiritual health profoundly shapes our eternal destiny. May we seek the Great Physician, Jesus Christ, who heals our souls and leads us toward abundant life.