

My brothers and sisters, let us take a minute to reflect and meditate about our spirituality and our health.

In Romans 12, we are reminded about the importance of taking care of our minds as well as our bodies: “And be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Many of us lead busy lives and don't take the time to respect our bodies, our temples. Often, we don't take the time to take care of our minds either, leaving us stressed and unclear in our direction in life. It is essential that we take a moment to preserve our emotional, physical and spiritual selves, as He would want us to do, as is written in III John 2: “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

By eating healthy foods and getting 30 minutes of physical activity daily, we are respecting the temple that God has blessed us with, and ensuring that we are strong enough to do His work. Taking a walk offers us an opportunity to exercise our bodies, but can also be a chance to take care of our minds as well. We can use this solitary time to pray, and refresh our minds, relieving us of the stresses of our day to day lives, and allowing us to clearly think about His message to us. The Bible tells us of this in Isaiah 26:3: “Thou will keep Him in perfect peace, whose mind is stayed on thee: because he trusted in thee.”

It is easy to be caught up in the goings-on of everyday life, and to neglect the well-being of our bodies and minds. We need to be sure to take time to take care of these things on a regular basis, to ensure that we remain healthy, happy and able to honor our Father.