

## **Spirit of Change**

Some of us embrace change with open arms.... a new job, a new home, or moving to a new location. Change can be exciting, fun and add variety to our lives. But change can also be frightening. It often disrupts the familiar and leads us to new, untouched ground. Change takes us away from our comfort zone and places us in situations that force us to step out on faith. Are you open to change or do you continually resist?

In the New King James Version of the Bible, the word “change” is mentioned over 100 times. I Samuel 10:6 reads, “The spirit of the Lord will come upon you in power, and you will prophesy with them, and you will be **changed** into a different person.” Genesis 35:2 reads, “So Jacob said to his household and to all that were with him, ‘Get rid of the foreign gods you have with you, and purify yourselves and **change** your clothes.’” We know of other verses from the bible that talk about water being changed into wine, the staff being changed into a snake and water being changed into blood. As we continue to grow, learn and aspire to reach new heights, we must also embrace change. This means leaving the familiar and stepping into new territory. Often times we speak of replenishing the material things: a new wardrobe, a new hairstyle, new shoes and a car or home. Our physical and spiritual body need to same renewing. We feed our spiritual body with prayer, fasting and fellowship. We should expend the same energy to replenish and upkeep our physical body through healthy eating, physical activity and regular check-ups.

During this summer and the seasons to come, we must challenge ourselves to do new things - those items we’ve placed on our resolution lists time and time again. Let’s begin by forming walking clubs or teams, gradually modifying our eating habits and then moving to a full healthy living plan. Change can be fun and exciting!

As we often say, we must be complete in the body of Christ. This means healthy, whole and replenished **Mind, Body and Soul!**