

Messenger Of Truth

"Holding forth the Word of Life" (Phil. 2:16).

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Healthy

"You know, true love really matters, friends really matter, family really matters. Being responsible and disciplined and healthy really matters." - Courtney Thorne Smith

"My personal goals are to be happy, healthy and to be surrounded by loved ones." - Kiana Tom

"I stand before you a totally healthy person." - Melissa Etheridge

"I feel pretty good. My body actually looks like an old banana, but it's fine." - Mike Piazza

If you have fairly good health, consider yourself extremely blessed. It is so true that we are indeed "fearfully and wonderfully made" (Psa. 139:14).

A typical adult has 206 bones in his body along with 78 organs. The human brain, eye, ear, nose, etc. are so intricate in their design. There are so many things in our body that can possibly go wrong. When they are functioning as designed, it is amazing what we can do and accomplish. But when they fail us, or when we are born without such things, it can be devastating.

It is a personal wish that every person could spend a day going through a hospital visiting sick patients, and especially little children. We moan and groan about every little ache and pain but when you see what others are facing you may not feel so sorry for yourself.

Thirteen times Scripture makes a reference to health. It is the apostle John that perhaps captures the thought best when he writes, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2). John expresses a concern for the reader's health, just as this writer expresses his concern for yours.

We tend to take our physical health for granted. If we would stop and realize how fragile we truly are, maybe we would be more diligent in this regard. How do you know that you won't wake tomorrow to having a stroke which might paralyze you? How do you know that you won't suffer a heart attack, and go through perhaps a bypass operation? Every time you get into a vehicle to travel to a destination you are subject to an accident, and there are almost 17,000 auto accidents every single day!

Sometimes people tend to think if they are younger that they can avoid the pitfalls that often accompany age. But after visiting in a children's hospital, you get the sense real quick that the ravages of disease and organ breakdown can happen even at a young age.

Don't forget to thank God for the health that you do enjoy!