

The hardest look every day is the one taken into the mirror. This truth is most evident when we think about the health of our physical bodies. The mirror cannot mask and cover up things as well as our words do. The mirror only gives back what it is being given. Looking in the mirror exposes us for what we are, and for some of us, what we've allowed ourselves to become. In the last session of Vital Signs, Erwin McManus walks us through the thought of our spiritual lives being connected to our physical bodies.

Have we ever stopped to take inventory on just how linear the relationship is between our physical health and our spiritual vitality? As hard as it might be, let's look in the mirror for a moment and ask a few hard questions. (yes they are hard for me as well)

If I am obese, can I honestly say that my spiritual health is running at maximum capacity?
If I am an addict (alcohol, drugs, pornography, or otherwise), can I honestly say my spiritual health is not compromised because of my addiction?
Perhaps you are fit, and not an addict, but there is something else physically that keeps you from serving in full...would we be so brave as to ask God to reveal that to us?

Our lifestyle choices do show a certain level of restraint, responsibility, perhaps maturity in our lives. Once we were all six years old and curious about how everything worked. Then we were sixteen and curiosity birthed adventure and adventure gives way to independence. Perhaps we should go back a step to be a co-dependent. Yes, we still have our freedom, but we've forgotten that even in our choice we are tethered to our relationship with Christ.

1 Corinthians 10:23 says, "I have the right to do anything," you say--but not everything is beneficial. "I have the right to do anything"--but not everything is constructive."

Just because we can doesn't always mean we should. Could this not also be applied to our lifestyle choices and our spiritual lives. Shoving these two things together may not seem like something we "want" to do, but I believe as responsible believers we "should" take that hard look in the mirror.

Father help me this week, to begin aligning myself physically with what you would have for me spiritually. Help me this week to see how critical the relationship is between my physical and spiritual health. Bring along people that can help me responsibly affect change for addiction of every kind, for a lifestyle of poor choices. I need you Father and I need the help from your people...In Jesus name ~ Amen