



# LifeSpot ... Gift of health

## Opportunity now

For health fanatics, here's a reality check—the ultimate mortality rate remains steady at 100 per cent. Then there's a defiant mystery—those occasional 100-year-olds who, when asked to what they attribute their longevity, say something like “A whiskey a day and a good cigar.” Even so, it's our Christian privilege to live better and longer in general than those who neglect or abuse their health. Research confirms that a plant-based diet, coupled with good overall health practices and active faith in God, significantly reduces the likelihood of some diseases, and can add up to 10 years to the life span. “Long life to you! Good health to you and your household!” 1 Samuel 25:6 (NIV). This is not merely an ancient greeting—it's an opportunity right now for you and for me. Let's take it!

## Chosen destiny

Good and bad happens to the good and to the bad. It's life. But in the arena of personal health, don't be fooled. Health destiny—to a significant extent—is yours to choose. Too often, people live like the devil. Then when they're sick and dying, they blame it on God. There's a better way. As early as possible in your life, consistently shape the life you would like to be living when you're 60 or 70. Good habits of general living, eating, exercising, sleeping, and trusting God are an investment account that pays generously in every decade of your life. “Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 2 (NIV).

## Time to trade

We're confronted with two conflicting views on our own bodies. Society's view: It's your body—do whatever you want with it. God's view: “Your body is a temple. . . . You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19, 20 (NIV). I can script my life on society's view, or on God's view. Why is this a difficult decision? It's like parents who say to their graduating teenager, “We're giving you the choice of a car. A rusted wreck or a new BMW—which will it be?” The privilege gets better. Even if you've gone with the rusted wreck, you can now trade it for a BMW. God offers a new creation—the old has gone, the new has arrived (2 Corinthians 5:17).

## A final plan

Those of us who've lost our health at least temporarily know what a priceless gift health is. In normal life, physical health lies at the foundation of our work, our goals, our social lives. And, it's intimately connected with our emotional and spiritual well-being. Yet, the majority of adults whom I know well have a disease of some kind—myself included. God help us! He will, he has, he does. Christ bears our diseases, heals our illnesses, comforts us in our troubles. Even in our valley of the shadow of death, he's there. (Psalm 23:4; 103:3; 119:50; Isaiah 53:4, 5; Matthew 4:24.) He has a final plan—to give us totally new bodies, a great new start (1 Corinthians 15:51–55). Let's sign up for that health plan!