

## Preventing Heart Disease of the Soul

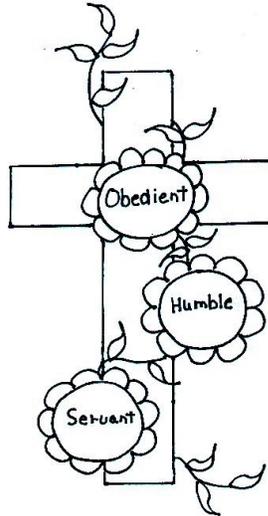
There are many unhealthy attitudes growing in others and in us. Rather than the best, as sinner we tend to put the worst construction on everything. This attitude tears people down. God clearly teaches us in His Word to build people up (Romans 14:19). Yet how can we build others up, if we are not “built up” in our faith and lives and hearts and souls? We all have some very unhealthy attitudes because we all sin and fall short of the glory of God (Romans 3:23). Sinful unhealthy attitudes lead to a disease of the soul that hardens our hearts to God. The prevention and cure for this disease is a matter of our faith.

God grows healthy attitudes in our minds and hearts and souls through His Word by faith. This growth requires that we partake of His Word, and not just when we have time for it or have need of Him. A heart disease of the soul requires a steady and regular partaking of God’s Word. That means hearing it in Worship, studying it personally and also with fellow believers. It means digesting or memorizing it in our minds and hearts so that we have His Word ready to help us every time unhealthy attitudes spring up in our hearts to hurt our souls.

If we neglect God’s Word, and *we will*, we can still have a healthy attitude, but it will not live in our souls. The truth is, lots of people in the world have healthy attitudes. Some are not Christians. They are good people and they spread healthy attitudes. However, there is a big difference between what the healthy attitudes of good people and what people who believe in Christ can do to prevent heart disease of the soul.

The first difference is those who believe in Christ, and *I count myself among them*, are not good. We are sinners in desperate need of Christ’s forgiveness. We need Christ and we know it. We need Him to heal our diseased hearts and sin-sick souls.

People with healthy attitudes who do not know Christ, lack His help and strength and love and peace, along with an endless stream of blessings only He can give. They do wear smiles that bring smiles to the faces of others, but their smiles cannot reach the souls deeply plagued by unhealthy attitudes because of sin.



Those who believe in Christ can prevent and heal heart disease of the soul because we have the mind of Christ (Philippians 2:5). As we read and study His Word, the Holy Spirit empowers us to think like Jesus and act like Him. Through the power of the Spirit, we are able to “put on the Lord Jesus Christ” (Romans 13:14), who forgives us each time we fail to put on Christ. Which we will fail to do at times.

The sinful mind is selfish. The mind of Christ is *selfless*. Matthew 20:28 tells us Jesus came to serve not to be served; He placed the needs of others above His own (Philippians 2: ); He gave His life as a ransom for many (Mark 10:45); and did all this for us while we were still sinners (Romans 5:8). Today, He knocks on the doors of our hearts (Revelation 3:20) and sends the Holy Spirit to open our hearts to receive His forgiveness through Baptism and His strength through the Lord’s Supper. As our open hearts yield to the Spirit, the love and forgiveness of Christ changes our hearts and heals our souls to do all things through His strength (Philippians 4:13), not our own. As we yield to the Spirit by faith, healthy attitudes grow deep in our souls. the power of the Spirit, our healthy attitude and faith in Christ are passed on to people around us. As they join us in passing these on, both faith and healthy attitudes grow holy, healthy present and future generations.

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# Fun and Healthy Fall Activities

## For Singles and Every Member of God's Family

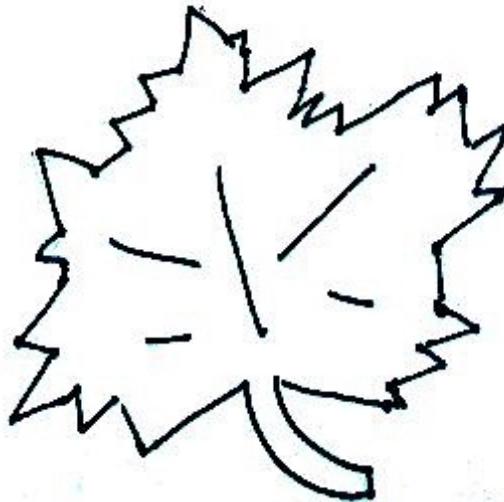
Whether you are single and looking for “family”, or have family coming out of your ears, the following fall activities can help you enjoy “family” and keep them healthy body and soul. Round up as many generations as possible and form one caring family group.

**Healthy Exercise for the Body:** Find a yard and rake leaves. Especially rake leaves for those who are unable to rake their own leaves due to illness, incapacitation, or aging. Helping others always rewards us the most deep inside. And have fun! Build forts of leaves and jump in the piles of leaves. Even those who cannot participate have great fun watching.

**Food for the Body:** Invite all ages to share a healthy snack after a fun day of raking leaves.

**Food for the Soul:** Ask everyone to join together in a simple prayer asking God to bless the food and thank Him for a fun day!

**Try this Healthy Activity and use it as a Snack:** Defrost healthy whole wheat frozen bread dough and follow directions for how to prepare it on the package. Rising can take 2-4 hours, so plan to defrost ahead of time. Once the dough has risen, punch down and separate into one large chunk for each participant. Provide a lightly floured work area for them and aprons if they tend to be messy. Roll out the dough and use hollow cookie cutters shaped like leaves to cut out dough leaves. Place the leaves on a greased cookie sheet. Paint with food coloring mixed with a little water. Let the finished leaves rise for about 1-2 hours and then bake according to directions on the bread dough package. Finally, eat what you baked.. It's healthy for the body, and as you thank God for the food and time together, it's becomes food for the soul.



**WALK to Collect Leaves for a healthy body, then:**

- Save leaves between clear contact paper. Cut around leaves. BE SURE to leave the edge sealed. Use plastic leaves to decorate: punch holes and hang them with string, place in decorations, etc.
- Pour different colors of poster paint into small plates and dip leaves one at a time into paint, then press onto large sheets of newsprint to make wrapping paper or a fall banner, press on 11" x 17" paper and laminate to make fall place mats, etc.

**BEFORE YOUR DONE! Share your faith for healthy souls:** Point out God's awesome creation fo fall colors. Pray and thank the Lord for all of His creation, and for the time together and especially for the opportunity to help others. Take time to share that God created us to help others and even think of more ways to help others this fall as individuals and as a group.

Don't forget to think of ways to help others during every season of the year.

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## Creating Healthy Thanksgiving Traditions

**DID YOU KNOW?** Wild turkeys that hunters encountered in New England nearly four centuries ago in no way resemble the overstuffed fowl we consume at the Thanksgiving table today. Cranberries grow in bogs that are not easy to access. Gathering them would have taken great effort to serve them for early Thanksgiving celebrations. The Thanksgiving meal we enjoy today has been constantly reinvented over the years. So, let's reinvent it more by creating healthy thanksgiving traditions for body and soul.

**A Healthy Thanksgiving Menu.** Harvest fruits and vegetables are healthy and lend themselves well to healthy recipes. Turn making the healthiest and tastiest recipes into a competition every year. Once everyone has expressed their delights over these healthy foods, eat them for good health and take time to thank God for the healthy foods He has provided for your feast and for all of the people who made them and gathered to eat them.

**Thanksgiving Day** is the "official" start of the Advent Christmas season. It is an excellent time to bring out an Advent Wreath and have your first Advent devotion. Read the story of the angel appearing to Zechariah in Luke 1:5-12 or any of the prophecies that foretold our Savior's birth: Genesis 3:15; 22:18, 26:4; 49:10; Numbers 21:6-9,24:17;Deuteronomy 18:15; Psalm 22 (the whole chapter),132:11; Isaiah 7:14, 9:6-7; Jeremiah 23:5, 33:14-15;Micah 5:2.

**Thanksgiving Worship:** Together as a family, attend Thanksgiving worship and be blessed. Make worship together as a family your Christian family tradition throughout the year! Worship provides heart healthy joy, stability and guidance for faith and lives, and strength to help bodies and souls through the week.

**Thanksgiving Fun:** On Thanksgiving Day and every day, spend time together and discover how to laugh with family and friends. Laughter has been reported to lower blood pressure and to be "the best medicine."



**Start a Thanksgiving Notebook:** Each year, record the healthiest and tastiest recipes, fun activities, and meaningful prayers to create a memory book of fun things your family can continue to enjoy..

### FOR EXAMPLE:

- Have a different member say a thanksgiving prayer, devotion, Christian reading, etc. every year.
- Go around the table and ask everyone to thank the Lord for one thing
- Thank the Lord for each person at the table by name.
- Invite each person at the table to bless the person sitting at their right with a blessing you provide or they create.
- Every year, find a different or use the same way for guests to thank the Lord or bless one another
- Always use the opportunity that Thanksgiving provides to be thankful, pray for a special need, even send guest home with prayers, etc..
- Get out a hymnal or Christian songbook to conclude your meal or day by singing or just reading a hymn of thanksgiving or benediction.

**A Stress-Free Thanksgiving Meal:** Overwhelmed by huge Thanksgiving meals? Begin this tradition. Assign those who come duties from cleaning to making decorations to bringing food. Supply the house, drinks, dishes and silverware, and a warm welcome!

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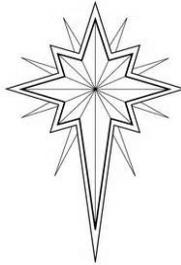
## A Holy, Healthy Christmas Diet

You may have read this before, but please read it again. **IMPORTANT NOTICE:** If you are one of the hundreds of parachuting enthusiasts who bought our *Easy Sky Diving* book, please make the following correction: On page 8, line 7, the words “state zip code” should have read “pull rip cord.” Now, we all know it is more important to pull the rip cord when sky diving than shout out our zip code. Still, every Christmas, we get the important confused with things that are not important, even meaningless. The result is that what we want to do we do not do, but what we hate, that we do. St. Paul describes it well in Romans 7:15.

When we let the “zip code” stand for everything we have to do or think we have to do for Christmas and we let the “rip cord” stand for everything needful for Christmas, the rip cord becomes our lifeline to the true peace and joy of Christmas. Suddenly, we are able to see how mixed up our priorities are and how dangerous being mixed up is for us and even for the world. If we continue to do what we hate this Christmas, whether it is eating too much, buying too much, or doing too much, we can end up free falling into both physical and spiritual destruction.

We need a rip cord and God’s Word is that for us - Christ is our one thing needful. A diet of God’s Word who became flesh (John 1:14) helps us understand and feel the love that came down for us that first Christmas night. Each word from God that we hear, read, and study, helps us to inwardly digest Him and His love, and that is all we need every Christmas and every day.

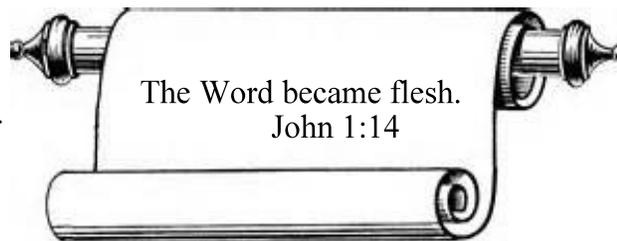
- In 1 Corinthians 10:31, God reminds us that whether we eat or drink, or whatever we do, we should do it all to the glory of God. The Bible is filled with passages that help us partake of a holy, healthy Christmas diet for our bodies and our souls.
- 1 Corinthians 6:19-20 reminds us that our bodies are temples of God’s Holy Spirit. This means we need to eat holy, healthy food and exercise to keep our bodies healthy so we can share Him wherever we do.



- 1 Timothy 6:10 warns that the love of money is the root of all evil. This can keep us from overspending for Christmas. Every word of God leads us to Jesus who restores our souls every day. And, the help and strength of God’s Word doesn’t stop with Christmas.

### For healthy bodies and souls every day:

- Partake of healthy food as you read portions of God’s Word.
- Memorize Bible verses taped to kitchen cupboards as you prepare food.
- Listen to Christian music as you exercise.
- Find Bible passages like the ones below that remind you to partake of healthy food for your body and soul. Tape them to mirrors, refrigerator doors, and even inside the refrigerator. Carry these passages in your purse, backpack, wallet, etc.



Matthew 4:4

John 6:35

1 Corinthians 6:19-20

1 Corinthians 10:31

1 Timothy 4:8

*“For unto you is born this day in the city of David a Savior, who is Christ the Lord.”* Luke 2:11. He is your rip cord, the one thing needful, who will guide you in all the ways that will keep you body and soul holy and healthy this Christmas and every day of your life.

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## Passing on Healthy Food and Faith

In our country, obesity has reached epidemic proportions. Heart disease, diabetes, depression, and stress-related illnesses have been passed on for generations. Today, food is fast and people are slow to exercise off the pounds it causes. In these unhealthy times, grandparents can be beacons of health and hope by promoting healthy food but even more importantly by sharing their faith.

Some grandparents have eaten healthy all their lives; others must eat healthy food under doctor's orders because of health issues caused by aging. By eating healthy food, grandparents can pass on healthy eating to their children and grandchildren. The same holds true as grandparents partake of God's Word to feed their souls.

Ask your children and grandchildren what they like to do for exercise and join them. Ask them what healthy foods they like to eat and invite them over to eat them with you. Not only will you eat healthy and get exercise, you will connect with them and they with you, which is healthy for your relationships. The healthy habits and relationships you establish can be passed on to bless present and future generations.



To establish holy, healthy ways of life, share your faith. Certainly, take your grandchildren to church, read the Bible with them, and talk about your faith. But, they may not want to go to church, read the Bible, or listen to you talk about your faith. So, be creative about bringing your faith into your relationship with them.

**For example:** Inviting them to church may be more readily accepted if you promise to do an activity they love after church. Even make it a healthy activity like a bike ride or a walk in the park with a picnic of healthy food. Pray before you eat and ask them to join you.

At home or away, use healthy activities to build up their faith. Take them on a trip or vacation and pray with them (or tell them you prayed) for God's protection for your travels and activities together. To share your faith at the end of each day, sit down exhausted and thank the Lord right out loud for a good day. Talk about God's beautiful creation as you do things together; pray for His protection in a storm; thank Him for averting any danger, etc. Keep God number one in your mind and heart. Sharing more and more of Him with your family will come naturally from Him.

At home, turn birthdays into Christian celebrations by giving Christian cards and gifts: Christian CD's, DVD's, books, games, etc. Print a Christian message on their cake. (You can print it on freezer paper or laminate it and stick the message right into the frosting. It works great!)

**Build healthy relationships by combining** healthy food and exercise with your faith. Use the following ideas and think of more ways to pass on healthy food and faith to present and future generations.

● **With Grandchildren:** Go on a walk to find things you can apply to God's Word. *For example:* Find rocks and explain they are solid and so is God's Word. Read 1 Corinthians 10:3-4. Talk about how leaves give shade or protection and so does God's Word. Read Isaiah 52:12. Share that berries feed the body and God's Word feeds the soul. Read Matthew 5:6. Make a scrapbook with pictures of items you find and add God's Word to each item. Fix a healthy snack and revisit your scrapbook together to feed your body and soul with good food.

● **With Teenagers and College-age:** If you can't do activities with them, talk to them about their activities. Your interest in them will make you part of their lives. Share your faith by praying for them and with them about every venture. You won't be the first grandparent to get calls from teens and college students requesting your prayers in times of need.

● **With Children:** Whether you live close or far apart, see who can walk the most each week, you or your children or grandchildren. Share healthy recipes to build the body and passages from God's Word to feed the soul.

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## Raising Healthy Babies Body and Soul

Infancy is a wonderful time to begin raising healthy babies body and soul. Babies who receive healthy food have an excellent chance of growing up to be healthy in their body. The same holds true for their souls. Babies who are fed good spiritual food grow healthy in their souls.

Many studies show it is possible to raise healthy babies before they are born. Mothers who eat healthy have the best chance of giving birth to healthy babies. Mothers who have played calming music while their babies were still in the womb have reported that their babies were calmed by this music after they were born. So it is entirely possible for mothers who listen to and are blessed by Christian music to give birth to babies who are blessed by the same.

Many mothers talk to their babies while they are still in the womb. Their babies clearly know their voices when they are born. So, why not read Bible stories to unborn babies? They may or may not understand the words, but they hear them and God's Word does not return void (Isaiah 55:11). A mother's voice carries an extra blessing with each word from God.

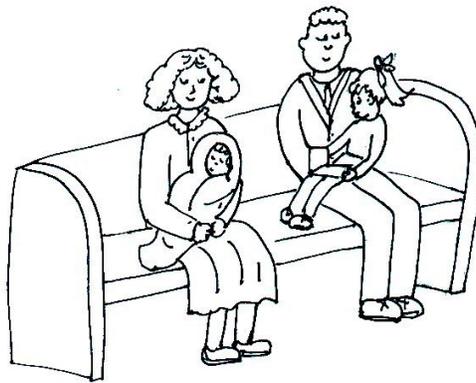
Some mothers and fathers may not know they can bless their unborn and born babies by bringing them to church to hear God's Word read and sung in hymns. Bringing babies to the Lord not only blesses their faith and lives, it is commanded by our Lord when He says bring the little children to Me ( Mark 10:14 ). Taking small babies to church can be a challenge. They cry, but they also begin to hear God speaking to them and are blessed through His Word just as all ages are blessed.

On top of being blessed in corporate worship, infants are prepared and toddlers are taught to sit quietly. Even when they are not quiet, the healthy foods of discipline and self-control are being fed as parents do their best to quiet them. Today, church worship is one of the few, perhaps only, times where generations experience the spiritual blessings of worshiping together. Congregations who are able to welcome this time with babies, disruptions and all, will be blessed by it. Babies bring noise, but welcome the noise. It means your congregation is alive and growing.

It's true that the noise of children can keep some people from worship. Congregations with many children and the

noise that comes with them are welcoming children by offering "Children's Church" during corporate worship. If your denomination does not have its own resources, search the web for Children's Church resources and modify them to fit your needs. During "Children's Church," toddlers hear and learn God's Word through activities similar to but more worshipful than Sunday School.

While Children's Church keeps corporate worship quiet, it does separate families. Also, it must meet the worship needs of those with a limited attention span, so it can only present limited portions of God's Word. In corporate worship, toddlers hear much more of God's Word in its entirety, and they receive help in discipline and self-control as they are taught to sit quietly.



Your congregation can help all ages worship together by offering United Intergenerational Ministry! In UIM Worship, very young children are helped to participate in worship by repeating responses and words in hymns. Children who participate in worship are less disruptive, helping to provide worship that all who attend can enjoy together.

Many congregations already provide children's bulletins, quiet toys, Bible story and coloring books with crayons, etc. to keep children content in worship so their souls can be feed. To feed their bodies, encourage parents to bring healthy snacks. Children in worship will (1) receive the blessings that come to all who hear God's Word, (2) learn healthy discipline and self-control early on that can serve them well all their lives, and (3) receive healthy snacks that together with God's Word help them to be healthy body and soul.

For Worship every generation can enjoy,  
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## Good Food for Young Minds

UIM Resources this year share food for the body and the soul. This is done to help generations build and pass on bodies and souls equipped to handle, prevent, and heal problems and tragedies. This article helps generations combine healthy food, exercise, and faith to help build healthy generations body and soul.

The following two recipes are designed to be good food for the body. Use the God's Word Application to feed the soul. When you share them both with your children and grandchildren they will be passed on for generations, just like your families favorite recipes!

### Fruit Granola

Use this healthy and easy snack that provides lots of energy to combine good food and exercise with God's Word.

#### Ingredients:

10 cups rolled oats  
1 tsp vanilla  
1/4 cup honey  
1/2 cup of any fruit jam of your choice.

**Instructions:** In a large bowl, mix together thoroughly by hand. Spread mixture out on a large cookie sheet and bake at 350 degrees for about 30 minutes or until it starts to brown. Turn every five minutes or so.

#### GOD'S WORD APPLICATION

Go for a hike or bike ride - stop for a snack.  
Read Galatians 5:22-23 - "Fruits of the Spirit"  
Snack on Fruit Granola.

Discuss how the fruits of the Spirit listed in Galatians 5 build healthy souls and also how to pass on what you discuss to build healthy bodies and souls in people and in the world.

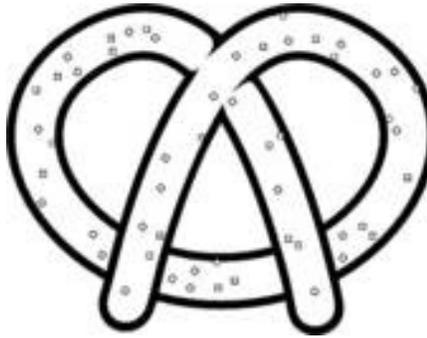
### Honey-Mustard Pretzel Snack

#### Ingredients:

1/4 cup butter or Balance margarine.  
1/4 cup honey mustard  
1 teaspoon Worcestershire sauce  
1/4 teaspoon garlic powder  
Several dashes bottled hot pepper sauce  
10 cups small pretzels

#### Instructions:

1. Melt margarine and remove from heat. Stir in honey mustard, Worcestershire sauce, garlic powder, and hot pepper sauce. Place pretzels in a foil-lined 15x10x1-inch baking pan.
2. Pour mixture over pretzels; toss gently to coat. Bake in a 300 degree F oven for 25 minutes, stirring every 10 minutes. Spread on foil; cool. Store in an airtight container up to three days. Makes 15 (2/3 cup) servings.



#### GOD'S WORD APPLICATION

Do physical exercises together - lift weights, walk, swim, etc. Read Matthew 13:31-32 and snack on honey-mustard pretzels.

Compare how a tiny mustard seed grows into a huge tree when it is properly nourished with how our faith grows when it is nourished with God's Word. Discuss other ways to nourish your body with good food and your faith with the good food of God's Word so you can grow like the mustard seed in the Bible.

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# Community Service

## Healthy for Teens and the Community

Many schools have made community service part of their curriculum. Why? Schools know the healthy benefits of community service both to their students and to the community.

**DID YOU KNOW?** Community service can help to build healthy relationships.

Some people in the community may need help with raking and mowing lawns in the summer and shoveling snow in the winter. Some may be older or incapacitated and live alone. It is easy to welcome the company of teens who can help them. Healthy relationships can quickly be formed between teens and the people they serve.

Teens are often lonely but usually not because they do not have people around them. They are lonely because with all the people they see each day, they may not have even one person they feel close to. Sadly, our busy world leaves people with little time for each other. The people they serve, however, are often ready and waiting to fill their need for a meaningful friendship.

**DID YOU KNOW?** The self-satisfaction that comes from helping others can make teens strong and lead teens to success. It's true! Community service instills self-esteem that provides the self-worth and self-confidence that leads to success. Teens with high self-esteem and confidence are better able to succeed at whatever they do in life.

Serving others can also set teens on a caring pathway for life. Forming relationships with adults who are not in authority over them but become their friends can open up opportunities for conversations about life and problems. By virtue of age and experience, these adults can have much wisdom to share. Teens may receive advice and even ask for advice that is very helpful for their present and future lives.



**DID YOU KNOW?** Those who are served can receive the same self-worth as those who serve.

People who are helped come to see themselves as worthy of being helped, increasing their self-esteem and self-worth. And, when friendships are formed with the teens they can mentor, those who are helped have a new outlook on life that may even improve their physical health.

**DID YOU KNOW?** Community service becomes far more valuable when it is done out of love for God.

When service is done through faith in Christ, the self-esteem, self-worth, and self-confidence it produces reaches deep into the souls of those who serve. It can also have a powerful effect on the people they serve because that is how the power of God's love works. God blesses all of those who receive His love, peace, joy, and endless blessings through the believers who serve them.

While some tout community service as a new-found solution for problems caused by low self-esteem, we as Christians know that loving and serving one another has been "God's solution" for building each other up from the beginning of time. It is far from new and it is eternally effective.

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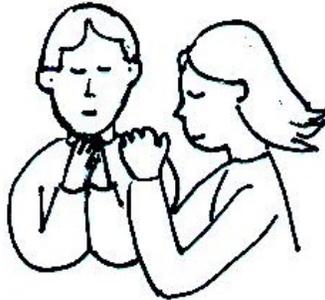
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# Moms and Dads on the Move

## Face Burnout

Today, busy Moms and Dads are constantly on the move. At first glance, we might think that this is good. After all, aren't we as a society being chastised for being sedentary "couch potatoes?" Well, the truth is, the kind of "on the move" Moms and Dads are experiencing actually causes "couch potatoes." Why? Because Moms and Dads who are constantly on the move do not rest. They become so tired that when they do sit down on the couch, they can't get up.

Our bodies were created to be on the move and to rest and to eat right and to do all the healthy things we don't have time for when we are constantly running around. We don't eat right, sleep right, or do much of anything else that is healthy and right for our bodies or for our souls. Sadly, sometimes tragically, Moms and Dads who move too fast for too long burn out. They suffer and their families suffer. Often their careers and livelihoods suffer.



### ARE YOU?

- Chronically fatigued (feel physically run-down);
- Angry with those making demands;
- Critical of yourself for putting up with demands;
- Feeling a sense of being besieged;
- Exploding easily over even little things;
- Having frequent headaches;
- Suffering gastrointestinal disturbances;
- Very suspiciousness;
- Losing or gaining weight;
- Experiencing sleeplessness and depression;
- Feeling short of breath;
- Feeling helpless;

### YOU MAY BE HEADED FOR BURNOUT

### There's Good News!

#### You Can Prevent Burnout With Exercise.

**If You Can't Exercise:** If you are so tired from running around you can't move, much less exercise, rest and pray. Ask God to help you exercise. To gain strength to exercise, get out your Bible. Read God's Word, just one passage or a few at first. Work your way up to more passages or entire chapters. As you read, your body will be resting or at least not running around. You will be preventing burnout in your body by giving strength to your soul. And God will help you make time for more exercise and prayer and for the reading of His Word to prevent burnout.

**If You Are Exercising:** If you are working out twenty or more minutes a day for your body and still facing burnout, work on your soul. Ask God to help you partake of His Word and Sacraments and prayer. Then, listen to God's Word by playing Christian music and recordings of the Bible as you do your exercises. As you strengthen your body, God will strengthen your soul with a desire to attend worship and study His Word to prevent burnout.

**The Best Exercise of All:** "Be still and know that I am God." Psalm 46:10. Times of solitude spent with God can reduce the stress that leads to burnout in our busy, noisy lives. So, exercise *solitude with God*, who guides and strengthens us to do what is healthy for our bodies and souls. He helps to prevent burnout like no one and nothing else can.

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## Interesting Facts about Exercise for Body and Soul

Exercise begins to have a positive effect on our body almost as soon as we start. Did you know that reading God's Word, partaking of His Sacraments, and prayer have an immediate effect on your soul?

Physical exercise releases "endorphins" in our brain. These are hormones that make us feel good. The Holy Spirit releases wisdom and power and joy and peace into our soul, a deeper spiritual place in our bodies that endorphins cannot even reach, much less affect.

A benefit of physical exercise is that muscles having worked hard can relax more easily. As we read and meditate on God's Word, God's peace comes over us to relax us body and soul.

Physical fitness is lost if a person only exercises less than three sessions a week. Ideally, to improve bodily health and strength, we must do something physical each day. Likewise, with God's Word, frequency and duration determine the healthy benefits we receive for our soul. When we partake of physical and spiritual exercise infrequently or do not exercise them every day, a portion of the benefits both desired and needed are lost.



Exercises performed at long, slow, steady intervals have shown to have more of a calming effect than high intensity training. Likewise, reading God's Word quickly to read much cannot provide the tranquility of digesting it slowly. Reading God's Word once a week will not relieve stress as much as reading it every day. For the highest level of tranquility for your body and soul, exercise slowly and steadily, and inwardly digest God's Word (Memorize it) daily.

While physical and spiritual exercises are good for us, not all people do them. Some don't like to do them. Others can't find time to do them. Doing them requires a determination many people simply don't have. That's where God's power comes in, the power He gives us as we pray.

**When we stop exercising, there are risks:** Whether caused by lack of endorphins or for other reasons, there are negative consequences. Hostility, anxiety, irritability, and depression have been associated with not working out. Those who give up or neglect God's Word lose His wisdom, power, and peace. To grow holy, healthy bodies and souls, exercise physically and spiritually every day

**Too Much Exercise comes with some warnings:** Overuse of physical exercise can create an addiction to exercise that can harm the body. Although physical exercise can get rid of aggression, aggressive sports activities have proven to cause more aggression in those who lack strong self-control. Exercise with God's Word to avert addiction and aggression in and through His love.

**God's Word requires no warnings.** Addiction to God's Word is healthy. It fills us with peace, joy, and love for God, for others, and within ourselves. While it does inspire us to aggressively share our faith, we are lovingly guided and strengthened by God to do so in loving and healthy ways.

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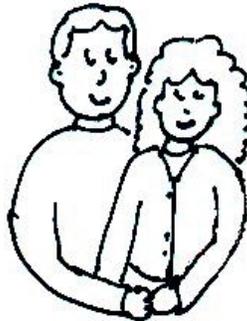
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## A Truly Rich Marriage

A truly rich marriage possesses much more than money and possessions because it possesses God's laws. The Bible tells us that God's laws are more desired than gold, even much fine gold (Psalm 19:10). Suddenly, we see a whole new picture of God's laws. We no longer have to obey them; we want to obey them.

In John 14:15, Jesus tells us our obedience is all about love when He says, "If you love Me, you will keep My commandments." Obedience to God is proof of love for God. Where God's love exists, there is caring, perseverance, forgiveness, patience, hope, and endless blessings that make a marriage truly rich.

Marriages may be strong, but if they do not know God, they do not have His strength. They may be rich with children, but without God, they cannot be His children. They may even have love, but if they do not have God's love, they are nothing (1 Corinthians 13:2).



On the other hand, when a marriage has nothing, not even a roof overhead, but has love for God that extends to each other, that marriage is truly rich. This does not mean couples have to be devastatingly poor to be rich; it means couples and marriages need the love of God. Couples who seek to love and obey the Lord possess His love in their marriage, and with God's love and laws, they have riches more desired than gold.

### For a Truly Rich Marriage, Love and Obey God:

- In your anger, do not sin and do not let the sun go down upon your anger. Never neglect forgiveness because lack of it gives the devil a foothold in your marriage and life (Ephesians 4:26-27). Make amends each night before you fall asleep.
- Let no corrupting talk come out of your mouths, but only such as is good for building up.... Ephesians 4:29

- Let all bitterness and wrath and anger... be put away...forgiving one another, as God in Christ forgave you. Ephesians 4:31-32
- Submit to one another out of reverence for Christ. Ephesians 5:21
- Love one another with brotherly affection. Outdo one another in showing honor. Romans 12:10
- Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh. Ephesians 5:31
- Rejoice in the Lord always. Philippians 4:4
- Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8
- Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. Colossians 3:12
- Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. Colossians 3:13
- And above all these put on love, which binds everything together in perfect harmony. Colossians 3:14

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## Healthy College Life for Students and Parents

Eating healthy and sleeping right can be difficult during college years and not doing these things can be very unhealthy. Junk food becomes the food of choice because it's comfort food and there's little time for sleep with so much to do. College students can also fall into unhealthy spiritual habits like not making it to church because no one else goes, or church is too far to walk to or they don't know where a church is. And, they don't have time to read their college books much less their Bible.

Keeping college students healthy in their bodies can be as easy as sending them healthy snacks: a fruit basket, dried fruit, or if necessary, a bottle of multi-vitamins. To help keep students healthy in their souls can be a little more difficult. Whether they use all their time to study or to play all night, their time may be all used up and there may be no time left for reading God's word, prayer, or worship. We can't be too quick to condemn them. There are many times we do not make time for God in our busy lives either.

So, one of the best ways to keep college students involved in God's Word and spiritually healthy is to be involved in God's Word ourselves. As we read the Bible, we can send them passages to read and discuss these passages with them when we speak with them. This has even been known to give parents and students something to talk about, something to keep them connected.

Getting college students to go to church in a strange new place can take some investigation. Ask around about a campus church that reaches out to students. Call a church near the college and ask if college students attend there and if these students might reach out to your student on campus. If all else fails, with so many recording devices readily available these days, record your pastor's sermons for them. Send them to your college student over the internet on google drive. Ask your church to e-mail weekly worship bulletins and monthly newsletters to all their students. Use the old-time mail service to send some healthy treats.

College students need to be built up in their bodies and souls and so do their parents because a great deal of stress comes with college. There's the cost, the separation, the responsibilities, and the new-found freedom of students to name just a few.

**DID YOU KNOW?** When we experience stress, just about 1500 biochemical reactions occur in our body. Hormones are released. Cardiovascular systems accelerate. Gastrointestinal systems slow down. These byproducts of the stress response continue to circulate in the body and have negative effects on our body's health. When left untreated, they can negatively affect our emotional minds and our spiritual souls.

**DID YOU KNOW?** Physical exercise helps the body to return to homeostasis, reducing the impact of stress on the body. God's Word does the same for our soul.

For relief from the stress caused by college, students and parents both need to:

- eat healthy foods
- exercise
- read God's Word
- pray constantly

The combination of the above not only help to reduce stress, they have the power to get rid of stress and even make sure stress does not happen in the first place.

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### Parent and Student College Orientation