

Trust

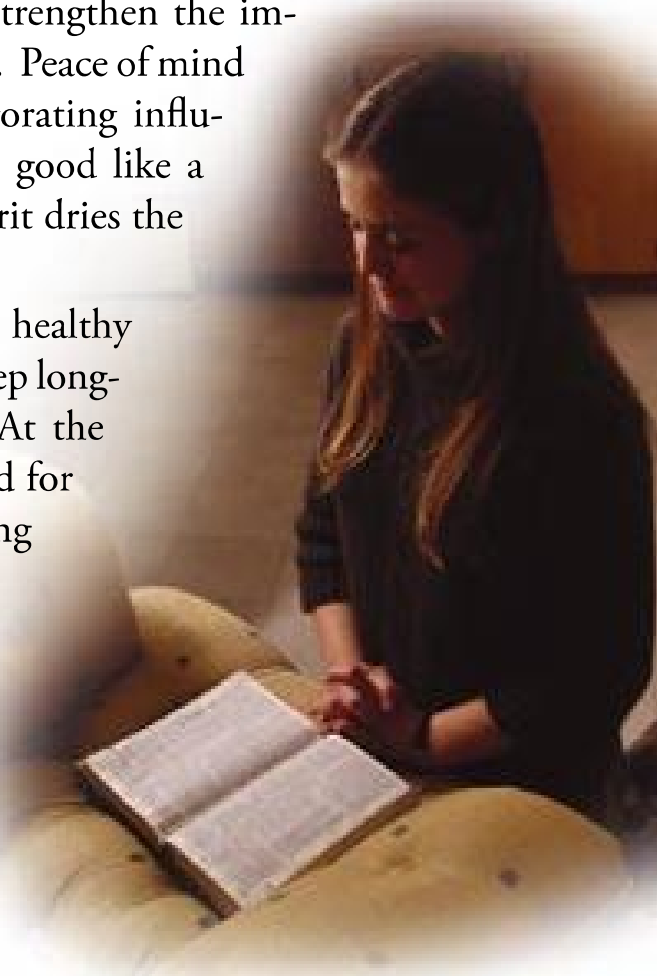
Human beings are living longer than ever before, yet many feel less and less satisfied. In today's fast-paced life, people often feel so pressured and stressed, so full of pain, disappointment and hopelessness that they are willing to risk their health, and even their lives on almost anything that promises relief.

Emotional stress can cause physical illness. Discouragement, bitterness and anger leave your body exhausted and weaken the immune system. God has promised to lift these burdens if we bring them to Him. "Cast your cares on the Lord and He will sustain you." Psalm 55:22

Positive emotions like love, joy, faith and trust produce protective substances that strengthen the immune system and protect us. Peace of mind can have a vitalizing, invigorating influence. "A merry heart does good like a medicine: but a broken spirit dries the bones." Proverbs 17:22

Many who are otherwise healthy carry within themselves a deep longing for something more. At the root of our being is the need for greater purpose and meaning in life. The ultimate lifestyle includes not just health and fitness; it also includes spiritual growth.

The brain is the master control of our bodies. When our brains are not



dulled by alcohol, tobacco, drugs, lack of sleep or overeating, when we are exercising and getting fresh air and sunlight, we will be able to think clearly. We will be able to make sound decisions and choose to allow the Lord to speak to us.

Trust in God supplies a missing piece in our lives. It brings fulfillment and hope for the future. Trusting God opens the door to His miraculous intervention. Many people even find a relationship with God to be the key to success in achieving a healthful lifestyle.

To trust Him we must get to know Him. Invest some time, get better acquainted. Take time for stillness, away from the busyness and noise of your every day life. Explore the deeper side of life. Take some time to step back and think about what is truly important to you.

Spend some time reading the Bible. This is God's special letter to man. The Bible is known for strengthening our minds and can give us new hope and direction.

A 'for-real' relationship with the true God, our Creator, is never optional – it is the very root of health.

