



April 5, 2021

It is God's passionate desire and His intentional design that His children live with joy every day (Psalms 118:24). The English word "joy" can be defined as "a very glad feeling; happiness; great pleasure; delight." Doesn't that sound like something you would like? It is by God's design that He has made His children spiritually complete in Christ. God has given us as born-again believers a life to enjoy in every category—spiritually, mentally, and physically. Let's consider one way to live joyfully: stewarding our physical bodies. It is up to us to take action on the Word and apply certain keys concerning our physical bodies that will enhance our lives and produce a joy-filled life.

In the physical realm, God has designed our bodies in a magnificent way—so many intricate parts and systems all working together. It is through this divine design that our physical bodies can contribute to our living a joy-filled life.

Psalms 139:14:

I will praise thee; for I am fearfully [magnificently or awesomely] and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

The psalmist is praising God for how wonderfully his body was made. We recognize that God has given every one of us a wonderful body to steward, and one key to a joy-filled life is taking care of that body so that we can move God's Word most effectively. As born-again believers, our physical bodies house a most precious gift, the gift of holy spirit, which is from God. With that gift, we are children of the Most High God, and He is our Father.

II Corinthians 4:7:

But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

Knowing that within each of our earthen vessels dwells the very nature of God, it behooves us to take care of ourselves. The better condition our physical bodies are in, the more effectively we can live for God and do His will.

One way we take care of our physical bodies so that we can live a joy-filled life is to keep ourselves healthy and fit through exercise. Whatever season of life we are in, especially as we grow older, it takes a deliberate decision and faithful work to stay vital and physically fit. Whatever form of physical exercise we choose, as we stay faithful to it, it will improve our vitality, keeping us ready to serve God and His people in any capacity that might arise.

Proverbs 13:19:

The desire accomplished is sweet to the soul....

Faithful physical exercise gives us a sense of accomplishment and helps us to feel good about ourselves. It gives a mental boost, which in turn brings joy and gratification. Exercise is an investment in improving our quality of life and building stamina and endurance, which contributes to joyful living.

I Timothy 4:8:

For bodily exercise profiteth little [for a little while]: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.

Exercise has its benefits for a while; it has profit in this life. That is why we want to stay faithful to whatever plan we have designed for ourselves. Consistency, variety, and having someone to exercise with can help us to stay faithful. My wife and I are in our late sixties, yet we endeavor to stay faithful to our walking program. Sometimes it is not convenient, sometimes unexpected things do come up, and sometimes we just don't feel like doing it. Yet we get off of our couch and get out there and exercise. We know we will see the benefits, and we will reap the rewards as we stay faithful.

A joy-filled life in the physical realm will become evident for us as we take action on caring for our bodies. We steward them as the earthen vessels that they are, housing God's gift of holy spirit in us. We will gain satisfaction from developing and maintaining an exercise program that will keep us fit, energetic, and vital so that we can joyfully do the work of the Lord most effectively.

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