



Annoying Patients

A physician friend of mine once told me that the most annoying patients are the ones who refuse to follow orders. Recently, it was estimated that upwards of 90% of patients leave half-empty pill bottles, cheat on diets, continue to smoke, fail to exercise or never return for follow-up care despite careful prescriptions and cautious advice.

Of more disturbing consequence is the fact that many of us totally ignore the guidelines for spiritual health given to us in the Bible. The Apostle Paul said, “Bodily exercise is of some profit, but true Godly living is valuable to spirit, soul and body.”

God’s Word lends itself to a well-rounded, spiritually and emotionally healthy person. So today as you head for work, remember the words Jesus said, “Man can’t live by bread alone, but also by the Words of God.”

This is Stephen Chitty, pastor of Christian Life. Remember, *Life Matters*, and so do you.

2 Timothy 3:14-17

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.