

March 02, 2014

Mostly Personal...

Loved Ones,

A physician friend of mine once told me that the most frustrating 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. Many promises are made in doctor's offices and emergency rooms that are forgotten as soon as the pain subsides or symptoms improve!

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, and gives us the quality of life both on earth and in the world to come".

God's Word lends itself to a well-rounded, spiritually and emotionally healthy person. I recently read a report that was the result of a university study that was searching for keys to happiness. Surprisingly, they found that the rich weren't any happier than the poor, nor were those with a higher IQ happier than average folks. In fact, none of the things we think would be foundations of happiness seemed to really make any difference at all. The number one indicator of happiness was discovered to be *meaningful relationships*. Solomon taught that to us nearly 3,000 years ago. He said he'd chased every joy producer life had to offer. He expended his energy pursuing wine, women, and song, only to dismiss it all as vanity. He learned the hard way to follow *doctor's orders*, the advice of the experts. "How does a young man keep his way pure? By paying attention to God's Word and obeying it (Psalm 119).

This morning we're going to discover the reasons for reading the Bible. But let's do more than read it – let's obey it!

Remember what Jesus said, "Man can't live by bread alone, but also by the Words of God."

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 who 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.

I love you,
Pastor Stephen