



21 days to a better me...day 18

Heal me, O Lord, and I shall be healed; save me,  
and I shall be saved: for thou art my praise.  
Jeremiah 17:14

I have finally decided that I want to the very best that I can be...in all things, especially in my body.

### **How do I become a better me? By getting healthy**

I have learned a few things over the years about our Christian walk, and one thing has stuck out like a sore thumb. It's hard to run this race when you are sick and tired. Like any race that we enter, our conditioning and training is vital to our award winning performance. As important as it is for us to be spiritually trained in our discipleship, being physically able to stand against the wiles of the enemy, pray without ceasing and climb over the mountain of adversity are just as important.

When I was told that I was a diabetic with high blood pressure, I immediately got my back up and decided that I was going to ignore the diagnosis. I was convinced that God would heal me, just like the Word says. But, I soon learned that I had to do my part. I had to determine that health and healing are mine. It took me a long time to get to the point where I am now. I am now at the point where I am sick and tired of being sick and tired. I can stand on the Word of God which says that by the stripes of Jesus I am healed, but that also means that I have to aggressively take charge and take my meds, eat the right things, exercise as I can, then I can stand on that precious Word.

There are so many Christians whose names are written in the Lambs Book of Life who are crippled by bad health and bad decisions. Getting a poor doctors report doesn't necessarily have to mean a death sentence. God has already done all that He is going to do to insure our good health, He sent Jesus to die for us. It's up to us to get a hold on our habits. Lose weight if you need to, turn away from that last piece of fried chicken, get off the couch and go for a walk...do whatever you need to do to make sure that take care of the body that God has given you. And, repent for not taking better care of His gift to you...your body!