

PHYSICAL FITNESS

There is within this country and other parts of the world a new trend in which many people are actively participating. In reality it is not "new" by any means, but the benefits as well as the enjoyment are just now coming into the limelight. This trend is physical fitness.

The benefits to the human body that physical exercise can bring are not new. Doctors, coaches, and athletes have known for years that one can have a healthier body by following a balanced program of exercise. Exercise is not, a cure-all for the illnesses and diseases of man, but an exercised body is a stronger body, and a stronger body can better withstand those things that will cause infirmities.

There are many different kinds of exercise. They are all valuable because the human body is a very complex organism. One type of exercise cannot, "work" the body into condition. Running, jogging, bicycling, and walking all strengthen the cardiovascular system. Lifting weights strengthens the muscles, while working on "nautilus equipment" can strengthen the ligaments and bone tendons. Other kinds of exercise include the playing of sports such as racquetball, tennis, basketball, or football. Also, popular these days are exercise books (some written by television and movie stars) which are to help firm the muscles and build muscle tone.

Although there is nothing wrong with any of this kind of training, we find there is another type of training that is being neglected and is of eternally greater value. We read the apostle Paul's words in 1Timothy 4:7,8; " on the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things. Many thousands of dollars are being spent each year to get our physical bodies in shape, but how many of us are spending our time and talents to train our souls in righteous living?

Paul says that bodily discipline and training are of little (some) value, whereas godliness is profitable for things. We should never lose our perspective of what is eternally important with that which is temporarily profitable. People in this country today (as well as the world) are more interested in physical fitness than they are in spiritual fitness.

A Positive Spiritual Attitude means that we can see the benefits of physical exercise but place it as secondary to spiritual godliness. Imagine how wonderful this society would be if mankind would put the same effort into soul training (following the precepts of the New Testament) as they do into body training. We would all agree that if it were to happen, this world would be a better place to live. PSA puts physical training and body building through exercise in second place to Bible study, prayer, godly living, and treating one's neighbor as one's self.

This writer is in hopes that more people will begin to exercise their physical bodies because physical health is important, and physical fitness is a good thing. But it is this writer's prayer that even more people will begin to train their soul in righteousness for their salvation's sake.

Until next time, memorize 1Timothy 4:7,8 and develop your PSA.