

The Lakeside



Message in a bottle

Verse of the day for Monday June 3, 2024 - II Corinthians 4:17

17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

Read II Corinthians 4 for meditation and inspiration.



You Are What You Eat

Dear Lakesiders and friends,

"... He took some bread ... He broke it and gave it to them. 'Take it,' He said, 'This is My Body'
(Mark 14:22)

There is a rush on to get the weight loss drugs like Ozempic, in Wegovy, Semaglutide or Mounjaro and the list goes on to combat excess weight or even obesity. Of course we have read in 1 Corinthians 6:19-20 "Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body."

More than sixteen centuries ago, St. Augustine wrote: "You are what you eat." And you don't need me to tell you that today, that ancient maxim is taken more seriously, perhaps, than at any other time in human history. As I mentioned, people are paying attention to the medical community's consensus that the way to better health is through diet and exercise. Many people are shaping up. Many people are improving their physical condition, which is not to say, necessarily, that people are improving their overall condition -- their quality of life.

We may be enhancing our physical life, but are we improving our spiritual life? We may be living longer, but are we living better? Physically, we may be "enhancing our body image," but are we enhancing our spiritual image? You see we are in total "Body, Mind, and Spirit" and the greatest of these is the Spirit and it must not be neglected. Use your body and your mind to exercise your spirit as you grow in the fruits of the spirit being: "By contrast, the fruits of the Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ have crucified the flesh with its passions and desires." Galations 5:22-24 The body will fade away, earthly mind will fail but the Spirit through Christ is eternal.

The great medical missionary, Albert Schweitzer, once said, "The interior joy we feel when we have done a good deed is the nourishment the soul requires." We feel spiritually strengthened when we are used by our Heavenly Father."

In the Spirit of God,

A handwritten signature in cursive script that reads "Roger". The letters are fluid and connected, with a prominent loop at the end of the word.

Roger