

Most people think that the way to obtain good health is to watch what they eat. However, God does not want your focus to be on food - what to eat, what not to eat, or even exercise - how to exercise, when to exercise. All of these are natural means which the people of the world trust in. As a believer, it is better to trust in the Lord and His finished work, than to put your confidence in the latest Man-made diet plans and exercise regimes.

At the Cross, Jesus took your sicknesses and carried your pains, and by His stripes you were healed. (Isaiah 53:4-5) The Bible even tells us how to escape sickness and premature death - by discerning the Lord's body when we partake of the Lord's Supper. (1 Corinthians 11:29-30) But instead of focusing on these truths, many of us prefer to focus on dieting and exercising. God wants you to be free when it comes to eating and exercising. Don't make laws for eating and exercising, and then trust these laws to give you 'divine' health. Rather trust in the finished work of Christ. Discern His body when you partake of the Holy Communion, and just enjoy your food and exercise!

Psalm 118:8 "It is better to trust in the Lord than to put confidence in Man."