

People spend a lot of money on personal wellness, but what about spiritual wellness? We are in a battle for our souls. Satan wants to devour us, and to hinder our work for the Kingdom. While we need to care for our bodies, we particularly need to be attentive to the condition of our souls.

The Bible says that physical exercise is useful, but it is far more important to exercise our souls in Godliness. (1 Timothy 4:8) Looking good outwardly is important, but what really matters is “the hidden person of the heart...the incorruptible beauty of a gentle and quiet spirit”. (1 Peter 3:4)

Make sure you can say: “It is well, it is well with my soul.” Pay attention each day to the hidden person of your heart.

1 Peter 3:4 “The hidden person of the heart.”