

# DIARY: January 1<sup>st</sup> 2025

Health check appointment with Doctor God. Available all day.

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The start of a new year is a good time for us to take a look at how we stand with regard to the various aspects of our lives. God created each of us in a unique way with a mind, body and spirit. These three are all

intertwined within us. When we become Christians God the Holy Spirit comes into our lives. The verse in 1 Corinthians 6: 16 reads, '*Do you not know that you are God's temple and that God's spirit dwells in you?*' Are the things in your mind over which you have control fit for God's spirit to be there? When you keep that health check appointment, will God be satisfied with the state of your body? Is your spiritual relationship with God in good standing?

The following are some aspects of our lives to think about as we enter into the New Year. A New Year and a new start. An opportunity to make a difference to that place where God's Holy Spirit lives. Please bear in mind that the Doodles are read by a wide range of people so not everything will be applicable to all readers. The aim is for each of us as individuals to think about our own lives. We are each able to decide if we are satisfied that we are doing our best to meet God's standards or if there are areas on which we need to concentrate and attempt to bring up to scratch.

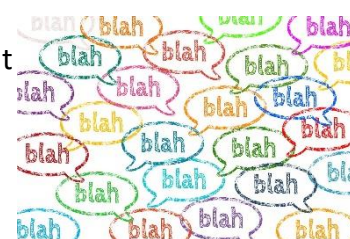


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## SPEECH

Do you not use bad language? Do you not gossip about people? Do you always tell the truth? Are you a moaner-groaner? The things that we say very much affect our relationship with others. The problem with speech is that once words are out of our mouths we are not able to rub them out.



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**HEARING** Do you laugh when someone is telling a dirty joke or do you try to back off from that? Do you change the channel on the television when the programme is not really appropriate for you to watch? Do you avoid searching the internet for 'juicy' photos or other pornography?

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**ALCOHOL** Are you alcohol free or only the occasional alcoholic drink? Do you drink quite often? Do you sometimes get absolutely sozzled? Alcohol is very addictive and can completely ruin a person's life and that of their family. Try not to be tempted by peers/friends/family to drink on a regular basis. Excess alcohol seriously affects our physical health and can have lasting consequences.



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**DRUGS – INCLUDING CIGARETTES** Again very difficult to come off once in the habit of smoking or taking. Very expensive habits! May give a happiness and satisfaction for a short time, but then the effects wear off leaving a desire for increased repetition.

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## **FOOD**



Do you eat healthily with the occasional treat or do you often eat extra biscuits, crisps etc.? Are you very much overweight because of constantly snacking on junk food? If you are overweight are you making a special effort to lower that so that you are less likely to have a heart attack or other related illnesses?

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You may wish to add other things that have not been mentioned. It is important to think about anything that affects our minds and bodies. It is a personal issue. It is not always easy and we can sometimes be trying for years to get out of a habit that is not healthy for us.

## **Help and encouragement**

There are three particular things that can be of help to us when we are trying to upgrade our health or behavioural issues.

**Church attendance** Attending church services regularly each week helps with a number of things. We are meeting with other Christians who can help and encourage us, not only to keep on the right track, but also help us to improve our situation, whatever that may be. The worship, hymns, prayers, Bible readings and preaching all go towards building up a good spiritual relationship with a holy God. When the spirit part of us is okay then we can more easily deal with other things to do with our minds and bodies.

I understand of course, that not everyone is physically able to attend a service either on a Sunday or mid-week because of health, lack of transport, work or some other genuine reason. If this is so in your case, can I encourage you to watch a service on You Tube or television every week. Try to keep in contact with other members of your church.

**Prayer** A good spiritual relationship with God very much depends on the amount of time we are prepared to set aside in order to speak to and listen to Him. A five minute slot each day is not at all an adequate length of time to be aware of the ideas that God has for our lives. We need time to talk and listen to Him about our own situations as well as thinking about and praying for other people. If we have a good prayer life then the chances are that the remainder of our lives will be on the right lines.

**Bible reading** If we are able to read a few verses from the Bible each day then that too can be a tremendous help to us. The Bible is often referred to as 'God's Word' and God's spirit speaks to us through what is written.

Church attendance, prayer and Bible reading are very much linked together and are extremely important in helping every part of us to function in the way that is intended.



*Yes, I try to attend a service every week,*

*Yes, I try to pray at least 20 minutes every day.*

*Yes, I try to read a few verses of the Bible every day.*