

## Give Thanks by Caring for Yourself

*"I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation! You know me inside and out, you know every bone in my body"*  
(The Message Psalm 139:14)

For the most part we only pay attention to our bodies when they don't work right or when we are unhappy about how they look. How often do we thank God for our wonderful bodies?

The human body is really a very marvelous and intricate creation. We are made of billions of cells that have their own particular function with millions of miles of blood veins, arteries and capillaries. Our heart muscle consistently contracts sending blood to our bodies, our lung aveoli regularly expand with life-giving oxygen that is dispersed into our blood stream, and within our brain, millions of synapses fire as we express our thoughts and feelings. When I think about the complexity the human body and that each body system operates collaboratively as an integrated whole, I am completely in awe regarding this creation of God's that we call a human being!

Yet, much of the time we do not take care of this wonderful creation, this body that we reside in. We feed it unhealthy food, inadequately move our muscles and joints, expect it to keep going on insufficient sleep, and feel emotionally stressed/worried regarding many of our life circumstances.

What would happen if we regarded our body and way of being as a precious and cherished gift; if we would mentally shift our attitude to one of "taking care of this treasure"? How would we eat differently? What kinds of physical activity would your muscles enjoy? How much sleep does your body require to feel refreshed and energized? What worries can you do something about and which ones do you need to let go?

*"...didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live as you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body" (The Message 1Cor 6: 19-20)*

I invite you to transform your attitude about your body and how you are or are not caring for it. As for myself, I am looking at fruits and vegetables in a new light and my muscles are looking forward to a walk in the crisp fall air.

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