



## Inspirational Message for the Month – January 2011

### *“Spiritual Fitness”*

#### *2 Timothy 2:15*

As we begin the New Year, the airwaves, newspapers, coffee shop talk, barber shop chatter is replete with dietary concerns, weight loss plans and physical fitness regimens, resolutions for betterment. I submit that paramount in these resolutions should be a plan to address your spiritual fitness. A good spiritual diet is essential in maintaining the invisible Temple (1 Cor 3:16) God has given us, and that spiritual food is provided in the Word of God.

Accordingly, starting in January 2011, Pastoral Care will be posting two new additions to the Hartford Web Site. Firstly, a “Daily Bread” Monthly Calendar. This monthly publication of daily messages includes scripture readings along with diverse and creative real life story applications. By clicking on the Daily Bread Icon, you can access a Monthly Calendar and then click on the day of the month for that day’s message. Additionally, each day’s message provides a reading schedule to complete reading the entire Bible in one year. Secondly, I will be posting a Monthly Inspirational Message of my own for your spiritual fortification.

This month’s message deals with how to strengthen our spiritual muscles. The physical fitness regimen stresses the importance of exercise, work and study. In our scriptural text above, Timothy stresses the same strengthening regimen and the same work ethic. The King James Version renders the passage: “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” Kenneth Wuest’s Word Studies in the Greek New Testament explains the Greek derivation of the word “Study”, “to make haste, to exert one’s self, endeavor, give diligence”; “rightly dividing” in the Greek text suggests a metaphor from a mason’s art of cutting stones fair and straight to fit into their places in a building. As we listen to the raging debates about social, moral and political questions, and as we witness the espousal of truths, frankly, they just don’t fit.

Jesus said, “.....learn of me, for I am meek and lowly in heart, and ye shall find rest unto your souls.”—Matthew 11:29. Jesus said, “....I am the way the truth and the life....” --John 14: 6.

So, our charge this year is to be not only physically fit, but spiritually fit as well. Let’s develop those spiritual muscles!!!

May you and your family have a Blessed and Happy New Year.

Yours in Christ,

D. Scott Harrison