

...but the benefits are limited

It seems like we are reminded at every turn that all of us can benefit from a healthy diet and appropriate exercise. Not only are they promoted as the means to a vibrant quality of life they almost guarantee a prolonging of life. Consequently, many of us endure hours of jogging and stretching and an assortment of vigorous activity to tone our muscles and tune our body. So, what's the catch? It's just this, at some point even the most finely conditioned body succumbs to the ravages of time. It's as if our body has a built-in clock; and, even if we give it the best of care, at some point in time the alarm goes off and our body declines. The fact is none of us has a body that will live forever. The point here is not to debunk exercise. It may be our cheapest form of

insurance. No doubt, if you have a well-tuned body enjoy its benefits. So, if you exercise regularly, congratulations! And if you do not you may want to look into the benefits and get started on some form of regular exercise. More than likely someone gave this pamphlet to you because they know you are interested in physical exercise. So, why did they give it to you? Because they want you to know that although physical exercise does have its benefits, the benefits are limited. Even the strongest body in the world is not likely to serve its host for much more than 100 years, and even that is beyond what most of us can expect. If you want to be the first to 150, great, but be prepared to be disappointed. Fortunately, you are not just a body. There is much more to you than that. Housed in your body is a soul, a spiritual

entity. It is an unseen part of you that is just as real as the part you can touch. The Bible tells us that God made us spiritual beings as well as physical ones. Genesis 2:7 says, "Jehovah God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul." The Bible goes on to tell us that while the physical part of us has an expiration date, the spiritual part of us does not. It will last forever. The Bible also tells us that our spiritual body, just like our physical one, can be strong and vibrant or it can be weak and sickly. The truth is, apart from Divine intervention, our soul is destined to experience eternal death. To be spiritually dead does not mean our soul ceases to exist. Spiritual death means separation from God—the One who really gives our spirit meaning. All of this may sound a bit strange, but it works like this:

The Bible tells us that the human race has descended from two people that God created, Adam and Eve. Adam and Eve lived a long time ago, but we are still reaping the benefits and consequences of their actions. One particular action doomed the entire human race. God had told them that there was one thing that they could not do or they would die—physically and spiritually. You can read about it in the second chapter of the book of Genesis, the first book in the Bible. Unfortunately, Adam and Eve decided to disobey God. As a consequence, they died, as will all of their descendants. That means that we who are running around with healthy bodies that will die also have a spirit that is doomed to eternal death after it is separated from the physical body. Unless something special happens, our spirits are not going to spend eternity with God in Heaven.

saved." (Acts 16:31)
Do it today. The Bible reminds us that "it is reserved to men once to die, and after this, judgment." (Hebrews 9:27)

(Bible quotations from the ACV.)



God's mercy and accept His forgiveness. Not only is He willing to forgive us, but He graciously gives us eternal life. The Bible says, "He who believes in the Son [Jesus Christ] has eternal life: but he who disobeys the Son will not see life; but the wrath of God remains on him." (John 3:36)

So, you may be doing a good job of exercising your temporal body. But have you looked out for the welfare of your eternal soul?

Unfortunately, God's offer is only available to you so long as your body and spirit are together. Once they separate, once your physical body dies, your opportunity also dies.

Will you, right now, agree with God that you are a sinner, doomed for eternity, and accept the offer of His Son Jesus Christ as His gift of salvation? "Believe in the Lord Jesus Christ, and thou will be

The Bible says it this way, "all have sinned and come short of the glory of God." (Romans 3:23) As a result, "the wages of sin is death." (Romans 6:23)

Fortunately, there is a solution to this problem. There is hope for those who will accept it.

The Bible tells us that Jesus Christ, who is God, came to earth to solve our problem. We celebrate His becoming the God-man each Christmas.

After living a life in complete obedience to His Heavenly Father, a life without sin, He allowed Himself to be sacrificed. Through His death He provided a ransom for Adam's race. He did everything that was necessary to satisfy God's justice—for all of us.

That leaves each of us with a wonderful opportunity. Once we recognize our condition as a member of the sinful human race, all we have to do is fall on

