

RESET!

Spirit·Mind·Body



Devotional

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Isaiah 40:31 KJV

"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

There is a fundamental law that the tissue of the human body will waste away through idleness and disuse; muscles will atrophy. But muscles that are stressed and have resistance will grow and increase in capacity. This same basic law applies to our spiritual growth, as well as our mental capacity. Body, mind, and spirit are connected and can only grow by continual, daily nourishment and effort. Not only are these areas connected, but they are also inseparable! We cannot reach our full potential without the support and strength of the others: physical, intellectual, spiritual. When we eat healthy food, we feel better and have the desire to move. When we move, our blood circulates oxygen throughout our body and into our brain. Our memory improves and our ability to learn increases. When our mind is alert, we are more conducive to listening to the guidance of the Holy Ghost and understanding His word. We will be able to "wait upon the Lord" and receive those promised blessings: we shall be able to "run, and not be weary" and "the Lord shall renew (our) strength".