



In order to keep strong in our Christian life, I believe there are three essential things that must happen. Just as in our physical life we need to breathe, eat, and exercise, so in our spiritual life we must observe these three essentials as well. The Christian life is all about growing, and if we follow these three essentials to Christian life and growth, we will see ourselves maturing and flourishing in our walk with Christ and how we serve him every day of our lives.

### **We Grow by Eating**

First, we must eat. What is the food for spiritual life? "The words I have spoken to you are spirit and they are life." (John 6:63) "When Your words came, I ate them: they were my joy and my heart's delight." (Jeremiah 15:16) Daily reading and studying of the Bible are necessary to spiritual growth and life. If we do not eat this food for the soul, we will not grow, but instead starve spiritually.

### **We Grow by Breathing**

2) Second, we must breathe spiritually. Prayer is the breath of the soul. I Thessalonians 5:17 tells us to "Pray continually." And in Romans 12:12 we read, "Faithful in prayer." "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." (Philippians 4:6) Prayer is the opening of our heart to God as to a friend. "Ask, and it will be given to you." (Matthew 7:7) Prayer is a wonderfully intimate experience that you and I can have with God. It is the very breath of the soul.

Without prayer, your spiritual life will be in ruins sooner than from the lack of any other essential.

### **We Grow by Exercising**

3) Third, we must exercise or get engaged in Christian work. We are to labor in God's vineyard. (Matthew 21:28) In what part of it? Mark 16:15 tells us: "Go into all the world and preach the good news to all creation." Jesus came into the world— "...not to be served, but to serve, and to give His life as a ransom for many." (Matthew 20:28) This is what God calls each of us to do, go serve and tell others. If you are to follow in Jesus' steps, we will help the needy, bring relief to the

distressed, and encourage those who are just having a bad time. Most of all, we must not miss an opportunity to point others to Jesus. Feeding on the Word, keeping the heart constantly in the spirit of prayer, and consecrating our energies to the eternal welfare of others—that's the ideal Christian life, the happiest, most satisfactory life that we can know.

### **Do Others See Christ Living in You?**

I heard a story about a missionary in China who was sharing about Jesus for the first time to a group of people in an inland town. When he had finished, someone spoke up and said: "Oh, yes, we knew Him. He used to live here." Surprised, the missionary said: "No, He didn't live here. He lived centuries ago in another land." The man still insisted that he had seen Jesus, saying: "Not so, He lived in this village. We knew Him." Then the simple country folk took the missionary out to the village cemetery and showed him the grave of a medical missionary who had lived, healed, served, and died in their community. Ah, yes, they had seen Jesus in this man! They thought he was Jesus!

My friends, I wonder do people see Jesus in you, in me? That is such an important question to ask ourselves. It needs to be our goal in life, it needs to be the driving force that controls and directs our lives. When others start to see Jesus through you and how you live your life then you know that you are growing stronger and closer to Jesus day by day.

So keep feeding on the Word of God, keep breathing him into your life through prayer and keep exercising by reaching out and sharing Jesus with those around us.

