

Cross-Cultural Perspectives from the Director



Tools to Accomplish God's Purpose

Zoom! We just wrapped up the first quarter of 2007. Perhaps you started the year with a fresh list of resolutions. By now some of these have fallen by the wayside. Like one guy said, "New Year's Resolutions go in one year and out the other." You may have burst through the starting gate armed with fresh vision and purpose only to find your energy level taking a nose-dive. The best laid plans cannot be accomplished if you do not take care of your health. Let's put that in spiritual terms: Your body is a temple of the Holy Spirit; a tool God uses to accomplish His purpose (See 1 Corinthians 6:19-20).

Here's a message, from a friend, that you may not want to hear: you need to get proper rest, diet, and exercise. Ouch! There, I said it. I meant it. I'm concerned about you. And, of course, I want you to be at your optimum so you can reach our world. That's just good stewardship. Some think stewardship stops with treasures. God expects for us to be faithful stewards of: time, talent, treasure, testimony, tongue, and temple.

Dr. Don Colbert, author of *The Seven Pillars of Health* provides seven keys to healthy living:

1. Drink plenty of water.
2. Recharge your batteries by getting a proper sleep and rest.
3. Eat the right types of food. You'll feel energized.
4. Exercise.

5. Rid your body of toxins. Drink healthy, eat fiber, and work up a sweat.
6. Take a multivitamin daily.
7. Lower stress. Laugh more.

Now, here's some advice from Dr. Howell. Smile! One important area that I have come up against in outbound orientations is that missionaries are not taking vacations. Take the time allotted by policy and "come apart" (rather than fall apart).

We need to be careful to handle health issues when they arise so that our effectiveness in ministry will not be short-lived. "Be careful!"

Eat right. Sleep right. Exercise right. Before anyone points a finger in my direction, let me promise I'll do better too. I confess. I've fallen behind on my exercise routine. Running six miles a day while on deputation is now part of history. I still walk and jog a little. It helps me focus, feel energized, pray, and mentally go over my messages. No phones, e-mails or distractions. Just people looking at me thinking I'm crazy talking to myself. But, hey! I've got one temple—one life—and I'm going to do my best to accomplish His highest purpose.