

## Spiritual Exercise

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**"For what will it profit a man if he gains the whole world and loses his own soul?" - Mark 8 V36**

**"For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come." - 1 Timothy 4 V8**

In our world today we see everybody is very conscious about diet and exercise and every calorie in the food is given attention. It is good to have healthy food habits and stay fit but all this will last only while we live and later our bodies will return to the dust. There is one exercise that the Scripture teaches us and the fruits of this exercise will last for eternity. Having Godly spiritual habits is something we should all strive for. Having a personal relationship with Lord Jesus Christ is something that will profit us for eternity. Remember to meditate on the Word of God daily and build up your spiritual health. Praise God!

*"And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work." - Jesus Christ*