

Have You Exercised Your Soul?

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Today, many people of all ages exercise regularly, even daily, for their health. This is done of course for our body, but this is just a temporary shell.

Sooner or later, we all die.

But part of us, our immortal soul, lives on forever. However, it will live in the bliss and joy of Heaven, or the agony of hell and eternal punishment.

So, the question is: *have you exercised your soul?*

You may ask how? Do you pray and talk to God daily? Do you listen for His guidance? Do you worship God at least every weekend at a service with a community of like believers?

Do you pray for peace of mind, and ask for the peace Jesus Christ promised in John 14:27? Do you read something in the Scriptures, the Old or New Testament daily no matter how short?

When you are working at home or on the job, do you ask God for His help in what you are doing? And do you think about and do something to bring yourself and others into a deeper love and trust in God—the Father, Son and Holy Spirit?

Do you examine your conscience regularly and do your very best to avoid sin? Check a good confession guide for sins, like the one from Human Life International (HLI.org). They sell copies of a great guide for only 20¢, lower in bulk orders.

If the answer to most of the above questions is “No,” you are not exercising your soul, at least not enough to be glad you did. The earthly rewards are much greater than those for exercising only the body.



The ultimate reward, the greatest goal is Heaven — forever with God!

Now, isn't that more important than just physical exercise? Do both if you wish—exercising the soul and the body. If you have to choose, exercise the soul!

Stay on the right track—the narrow path to Heaven. Unfortunately, the path to hell is wide and easy, with agony and pain awaiting forever.

“Blessed are all who hear the word of God and put it into practice.” (Luke 11:28)

Obey the commandments!
