

From The Desk of Pastor Henry Wallace



Wisdom Of The Week Morning Fitness!

Psalm 92:1-2

It is a **good** thing to give thanks unto thy name, O Most High:
To shew forth thy lovingkindness **in the morning**, and thy
faithfulness every night.

Statistic says that approximately 77 million Americans, (roughly 25% of the population), hold a gym or fitness facility membership.

What about our spiritual fitness? That word "**good**" here in **Psalm 92:1** translated means "*it is fitting*". The psalmist says the spiritually fit person starts his or her morning by praising and proclaiming the Lord's love and faithfulness.

Saints, the greatest use, the most effective use of those muscles which open and close our mouths is when we are praising our God.

Sit ups are good for our **physical health**, but **speak up** is good for our **spiritual health**.

How many minutes each day do we devote to our physical fitness? As saints of God, we must double those minutes each day to our spiritual fitness.

Here's our morning prayer; "*Lord, help me to faithfully begin each morning getting spiritually fit by giving thanks*"