

A Healthy Dose of Love

"Love...is not touchy or fretful or resentful; it takes no account of the evil done to it--pays no attention to a suffered wrong."

(1 Corinthians 13:4-5, *The Amplified Bible*)

Walking in love is good for your health. Did you know that?

It's true! Medical science has proven it. Researchers have discovered that hostility produces stress that causes ulcers, tension headaches, and a host of other ills.

Now when you think of hostility, you may think of the type of anger you feel when something serious happens. But according to the experts, that kind of thing isn't what causes the worst problems. It's the little things: when the dry cleaners ruin your favorite outfit, for example. Or when the cafeteria lady puts gravy on your mashed potatoes after you've specifically told her not to. Sound familiar?

Just think how much stress you could avoid by being quick to forgive, by living your life according to 1 Corinthians 13 and not counting up the evils done to you.

Imagine physical and emotional benefits of living like that!

If you've allowed yourself to be habitually bound by hostility, that may sound like an impossible dream, but it's not! Because as a born-again believer, you have the love of God inside of you.

If you'll yield to that love, it will set you free. Remember when Jesus called Lazarus forth from the grave? He was alive but still bound in the grave clothes. Jesus commanded the bindings to be loosed so that Lazarus could be free to walk.

Jesus wants that same kind of freedom for you. So get into agreement with Him. Say to those deadly habits that have you bound, "In the Name of Jesus, loose me and let me go! I'm putting hostility, unforgiveness and selfishness behind me. I'm going on with God. I'm going to live the life of love!"

Remember: It doesn't take a medical miracle to turn your life around. All it takes is a decision to yield to the force of love. Do it today!

SCRIPTURE READING: Proverbs 4:10-27