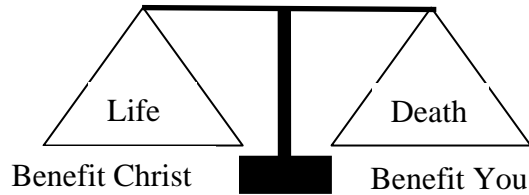


# Weigh Yourself

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This time of year many of us are weighing ourselves and finding we are not pleased with the answer. Because of this we resolve to do better and then we will continue weighing, even daily, to see if we have progressed toward our goal. Just as we do this for our physical well being, are we as diligent about this with our spiritual health?

The apostle Paul said it this way, “For to me, to live is Christ and to die is gain. But if I am to live on in the flesh, this will mean fruitful labor for me; and I do not know which to choose. But I am hard-pressed from both directions, having the desire to depart and be with Christ, for that is very much better; yet to remain on in the flesh is more necessary for your sake. Convinced of this, I know that I will remain and continue with you all for your progress and joy in the faith, so that your proud confidence in me may abound in Christ Jesus through my coming to you again” (Philippians 1:21-26).

We should give ourselves a spiritual check-up and see if our lives are such that our living is better for Christ than our dying is better for us. Can we, like Paul, say that our continuing here on earth is a plus for the kingdom so much so that it is more beneficial for others than our going on to heaven now?

Daniel told Belshazzar the message from God was, “...you have been weighed on the scales and found deficient” (Daniel 5:27). Let’s live our lives in such a way that this will never be said of us.

Gregg Woodall