

Floss and Pray Every Day

The Two Sides to a Successful Life

I Timothy 4:6

We are dual beings, both spirit and flesh (Jas. 2:26). The title, suggested by Sharon Cawood, deals with this reality. With regard to flossing, Gary Woodall would remind us of its importance, though he would comfort us by telling us, “we only need to floss the teeth we want to keep.”

The Bible, though clearly giving the flesh a secondary status (II Cor. 4:16-18), nevertheless acknowledges the need for its care (Matt. 6:33; I Tim. 4:6). For obvious reasons, however, the care of our spirit receives the much greater attention. Let's look at some practical provisions for both components of our complete makeup.

Bodily Care

- Exercise is a useful thing (I Tim. 4:6)
- Providing for basic needs is important (I Tim. 5:8)
- Our diet, while not receiving in Scripture the attention given by other sources (we are, after all, going to die), is still due reasonable attention (Titus 1:12)
- Spiritual performance is, therefore, inseparably tied to the basic health of our bodies.

Care for Our Spirit

- Practical matters are often overlooked (Lk. 16:8)
- Prayer is an essential (I Thess. 5:16)
- Bible study is a must (II Tim. 2:15)
- Treating others well is indispensable (Matt. 7:12)
- Time to contemplate and reflect is of great value (Ps. 1:2)
- Practice, practice, practice (Heb. 5:14)

A complete life addresses the two basic elements that make us complete. While in this world, we cannot and should not avoid giving both spirit and flesh their due.