

It's a wild thing to be human, isn't it? What a gift to be alive! We are spirit and flesh, essence and yet tactile. Our bodies are both incredibly resilient, capable of incredible healing, and yet fragile and ultimately fleeting. Like it says in 2 Corinthians 4 we are like jars of clay, easily broken but vessels for treasure!

What is the state of your physical and emotional health? Where you find health and vibrancy- thank God! It certainly matters that we steward and invest in this one body that we have. It is our vessel for what God wants to do in and through us in this one and only life. Where you find ache or physical difficulty- God wants to meet you right in the messy middle of it. May you dwell in the shelter of the Most High, leaning on God to be your refuge.

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