



You know there is a devil (confusing you) when it takes so long to “get” some of the most obvious truths. But better late than never!

Most people (while many do not practice it) understand how savings work – you save a little and along with the increasing interest it increases faster and faster.

The same principle work for physical and spiritual disciplines – which are **Far** more important than savings. The daily costs are minor while the benefits are cumulative and (unlike money) the payback continuous.

You save money but, even with the growing interest (if someone doesn’t steal it first, you don’t invest in the latest stock market craze, etc.), you can only spend it once. Spiritual and physical disciplines are different – you “save” a little each day and if you save enough the benefits are cumulative and continuous – you both get stronger and stronger while receiving continuous paybacks from these disciplines so that each day’s relatively small effort, cost and sacrifice is far less than **EACH** day’s benefits.

What are these benefits? These disciplines (both spiritual and physical):

- Burn fat (yes, there is spiritual fat that increases as we age unless we continue in and increase our spiritual disciplines).
- Build muscle and strength (important even more spiritually than physically!).
- Improve digestive, absorption and elimination systems (spiritual truths have to be digested, absorbed and the poor ones eliminated – only as we exercise good spiritual disciplines do we build these systems).
- Reduce many “common” aches and pains (depression, confusion and other spiritual maladies increase without spiritual exercise).

There is an unrelenting daily conflict to which we either resign ourselves to defeat or we endeavor to battle the slow, sure and inevitable decline that **WILL** otherwise occur – maybe at a pace we probably do not notice, but which is just as damaging as a gunshot or cancer.

It is interesting how people are paranoid about saving money so they do not run out of it, while doing little or nothing physically or spiritually. It is like buying a car and never changing the oil or washing it – or never cleaning your home or clothes. As long as the outside of the body is cleaned and “polished” we often ignore the more important inside.

Whoever loves discipline loves knowledge,  
but he who hates correction is stupid. <sup>Pr 12:1</sup>

Disciple – One with disciplines

A good (at least initial) goal?

1 minute a day (spiritually and physically) times your age.  
(30 years old, 30 minutes a day. 40 years old, 40 minutes a day . . .)

While it may not sound fair, youth seems to bring with it special grace those older do not have. The young do not have to do much physically to be healthy. Physical decline normally begins in the 30s and picks up speed – its rate of speed largely dependent on what we do or don't do. And even a little reflection reveals the same progression occurs spiritually – we seemingly lose grace as we age UNLESS we do something to foil the aging process. So one minute a day times your age is probably a good goal and an excellent basis for the increasing discipline required to successfully meet old age head on.

And as beneficial (and even easy) as the above may sound – developing any meaningful discipline usually requires grace – especially spiritual disciplines!

We by and large make similar physical and spiritual mistakes and have similar successes – they complement rather than contradict each other. For this reason, it is doubtful we will have much progress in one area without working the other. And as counter-intuitive as it sounds, working on both physical and spiritual disciplines, at the same time, is easier than working on just one or the other – they work synergistically.

So, a minute a day  
is better than an apple  
at keeping both doctor and devil away!