

## **SACRIFICES TO MAKE**

**Scripture References: Exodus 5:17 But he said, You are idle! Idle! Therefore you say, Let us go and sacrifice to the Lord.**

**Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.**

**Ephesians 5:2 And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweet smelling savior.**

**We have been meeting as a group for awhile now and just think about the progress you have made. Is the running or walking getting any easier? To get in better health and physical condition, you have to make the commitment to get out and do the physical activity. It will start with a plan to do it at least one day per week and eventually spread to several workouts per week. What might have started as a 15 minute activity might eventually become an hour activity.**

**Along with commitment will also come sacrifice on your part. And perhaps your family's part. It is a sacrifice to get out and exercise when the weather is miserable. I doubt many of us get excited when the weather is raw and we have a choice between going outside or staying inside where it is nice and cozy. Or at least excited if we choose the outside option. You also have to consider the time that is required to do your exercising. We choose an hour for our Faith and Fitness workout but you also have to factor in the time to get here and get back home. When I go for a one hour run, it easily consumes an hour and a half when you add in preparation time. And that means I am running from my house and not driving to and from somewhere else to do my run.**

**Therefore, we do make sacrifices to make ourselves healthier. We invest time and money into these endeavors. But just compare what we sacrifice to what Jesus did for us. An hour a day is not really that much now is it? The Old Testament was big on sacrifices and it usually involved animals. The New Testament followed along the same path until Jesus taught us about true sacrifice.**

**I think we can do our part as a sacrifice to God if we heed what the writer of Romans said in Chapter 12. Our bodies are a temple to God and that should make us want to make it as presentable as we possibly can. We can sacrifice a little time, money, and effort to make our bodies worthwhile representations to our commitment to Christ. Think about it the next time it is raining or colder than you would like it to be. Think about your time spent exercising as a sacrifice to God. It will make the weather and the time a little more bearable.**