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## Healthy Minds, Healthy Souls: Listen to Your Body (Presbytera Roxanne Louh)

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Our 6 year-old daughter Gabriella sometimes makes the most insightful comments. One day she said, "I don't know what I'm doing, all the time I'm just following my feelings. I don't know I am



Wow,

don't we all struggle with that sometimes, even as adults? It takes a little more effort to do the right thing when we are tired, hungry or otherwise running on fumes. Self-awareness is the key to life though. I say, take the time to listen to your body. Rest when you need to rest, plan for eating so you don't miss a meal, exercise when you are holding tension, seek the quiet company of a good book when you are overwhelmed.

God designed us with everything we need to thrive, if we just pay attention. In this way, "the good stuff," the stuff we need to live out our purpose in this world won't

all go away. It truly is the “good stuff” that we need to make a true difference in this world. I heard it said the other day that our bodies are simply gifts from God and are on loan to us. It’s truly our responsibility to keep up with them.

“Everything is permissible for me, but not everything is beneficial...I will not be mastered by anything... “Everything is permissible for me, but not everything is beneficial. ...I will not be mastered by anything...” – Corinthians 6:12

Source: [www.familylifeministry.atlanta.goarch.org](http://www.familylifeministry.atlanta.goarch.org)