



Physical Health: Christian Yoga Interview with Miranda Davis

Psalm 19:14 (ESV)

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.”

Reflection Questions:

- 1) What are the things you meditate on in your daily life?
- 2) How does your physical health affect your spiritual health?
- 3) How can you order your life after God’s Word?

Extended Devotion:

Do you long for quiet in the busyness of life? As a busy mom and writer, I know I cherish any moment of quiet, however brief. Whether I’m reading a



book, studying Scripture, or enjoying a walk in nature, my body and mind are both active. This is refreshing. I don't know about you, but I find that I must plan a quiet time. If I squeeze in a few moments here and there my time always feels rushed. I'm left feeling just as anxious and unrested as I did before the quiet time.

Our physical health is just as important as our spiritual health. When we don't move our bodies, our brain feels foggy and we lack focus. Our energy is depleted and we struggle to pour into those we love. Even more importantly, we may also struggle to enjoy our time with God. We can easily tell when our physical health is off. Perhaps it's chronic aches, fatigue, or other medical issues. We don't hesitate to inform our doctor and seek help for our bodies. Protecting our physical health is essential to living a healthy life. Guarding and nurturing our spiritual health is essential to living life abundantly.

As temples of the Holy Spirit (I Corinthians 6:19), we must nurture our bodies and our minds in ways that draw us deeper into His presence. One way we can do this is by meditating on His Word. **Meditating on God's Word transforms our thought life.** It renews our focus when our foggy brains threaten what we know is true. It refuels our energy when our tank is empty. Meditating on God's Word serves as a check-up for our spiritual health.

Psalm 119:97 (NIV) says, "*Oh, how I love your law! I meditate on it all day long.*" The more we meditate on God's Word, the more we will love it all day long. We will desire both a healthy physical and spiritual walk.

Application:

1. Miranda Jo Davis mentions several benefits to practicing yoga. One of these is the ability to intentionally meditate on God's Word. If you've never tried yoga, pick a time of day, and sit in a seated position with crossed legs on the floor. Choose your favorite Bible verse, close your eyes and meditate on it for 5 minutes.
2. If you're a veteran in your yoga practice, try this tip the next time you go into your studio: While relaxing in Savasana pose (laying on flat back, palms out to ceiling), pray silently for a moment. Dedicate your day to dwelling in God's presence.

Takeaway:

We can cultivate physical and spiritual health by focusing our minds and hearts on the truth of God's Word.

