

One a Day

Do you take medication on a daily basis? Praise God that He has blessed me with great health. However, I went to the doctor for my annual physical a couple of months ago and I was diagnosed with hypertension (high blood pressure). I'm not surprised, it is hereditary. I was warned several years ago to keep an eye on it because even then the doctor told me I was border line. I'm now taking medication on a daily basis. I have for years taken a multi-vitamin and a few other vitamins to supplement my not-so-good diet. Well, this is a habit for me, and I think it is a good one. Overall, I am certain my diet is deficient in fruits and vegetables. I eat some of both, but not nearly enough I am told. I'm confident the vitamin I take each day has helped.

So what, Donald, what does this have to do with the Bible and Christian living? To begin answering that question, let us read Hebrews 3:12-15:

“Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God; but **exhort one another daily, while it is called ‘Today,’** lest any of you be hardened through the deceitfulness of sin. For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end, while it is said: ‘Today, if you will hear His voice, do not harden your hearts as in the rebellion.’”

Everyone needs encouragement. The best way to make friends is to be a friend (cf. Prov. 18:24), and the same is true with encouragement. If you encourage others, they will encourage you as well. Even the strongest among us needs to be exhorted **regularly**. Daily encouragement is the ideal. Drifting from the faith is possible (cf. 1 Cor. 10:12). Sin is deceptive, and the devil is busy trying to chip away at our morality and faith where he can.

There's a poem that's entitled “One Phone Call Can” that ties in well with these thoughts:

One phone call can...

Cheer the sad,
Learn of a need,
Show your concern,
Lift the depressed,
Comfort the lonely,
Promote a good work,
Strengthen the weak,
Reassure the suffering, and
Encourage the downhearted.

Why not make at least one every day?

Brethren, let me challenge you (as I challenge myself) going into 2011 to do just that—with a broadened scope. What I mean is, don't just limit yourself to being a daily encourager via the telephone. **If you are willing, commit yourself to making a special effort of encouraging at least one person each day.** Go out of your way to do this, and try to make it a habit (like popping a vitamin). If you can't make a phone call, perhaps write a letter or send a card. Sometimes even a **personal visit** is best, when such is possible. Strive to be better and to do better in 2011.

Have a Happy New Year!!

