"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." Proverbs 14:30 NLT

[lectio] // PROVERBS 14:29-35
listen to the text by reading out loud slowly and repeat up to 3x if desired

Wow, NLT takes some liberty here. Cancer has ALWAYS existed, we just didn't know what it was called - it had no name, it was just called death or "natural causes." Tumors, growths and rebellious cells have always existed. If we don't do anything specific to screw up our health, our body will naturally do it through sheer mutiny! Can jealousy cause cancer? Science seems to believe and support that some social, emotional states DO adversely effect our physical bodies. Can envy rot your physical body? Can anger cause strokes? Can depression or anxiety cause heart disease? Probably YES, to all of them. These emotional, soul-ish reactions are not fast-acting methods of death, but they are slow killers that suck the life out of you. Is the remedy PEACE? I believe it can be an amazing antidote to the poison that we inject into our mind and heart over time. I don't know if it can reverse death or the effects of sin, but it can stop it, or slow it from doing further damage. Instead of ingesting small amounts of aspirin to protect our heart, we should be finding a way to be present with God and allow his peace to rule and reign in our everyday life. That's a health tip!

[oratio]
pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

My life, my days, my trust is in you. You are my peace that passes, surpasses, understanding. May your peace RULE in my heart today.

[contemplatio]
rest in the presence of God, allowing the words revealed to take root