

“Mind, body and spirit” is one of the seven areas that our Stewardship Team is emphasizing and they have asked me to share some of my thoughts.

The Lord has given each of us a precious and miraculous gift of mind, body and spirit. We all need to be good stewards of these gifts so that we can show our love and do as Jesus said to his disciples in John 21 “feed my sheep” and “tend my sheep.” Some of us can be better stewards in these areas. I know that there are some people who are very good at taking care of others but do not take care of themselves. Also, there are those who are more self-centered and less mindful of others. Or, we might fail to recognize the connection of mind, body and spirit and the importance of stewardship in all of these areas for ourselves and others.

Every day in my nursing career whether it be with illness or the medical treatment and care, I saw the greatness of God’s creation of the human body and mind. Just a glimpse at any patient or textbook indicates the complexity and the magnificence of the body and mind, it’s functioning and life. Even though it is harder to define and measure, the importance of faith and prayer in healing and comfort for patients, their families, caregivers and myself was very evident.

I have also seen and felt the importance of a healthy balance of mind, body and spirit by learning and teaching Tai Chi at Lord of Love. The essential principle of Tai Chi is to integrate our mind with our body by using slow, controlled movements while using our breathing to create mindfulness and internal energy. Each class helped us to improve our balance and reduce our anxiety and then ended with biblical affirmations. Hopefully, we will be able to resume our classes soon so as to be good stewards of our gifts.

Especially now, with the prevalence of the COVID-19 virus but actually anytime, we all need to take better care of ourselves and others , including those dealing with physical or mental illness and the many dedicated health care workers. Some of the many ways to be good stewards of our mind, body and spirit are to make wise choices of healthy food and drink in appropriate amounts, exercise daily, maintain proper daily rest, reduce stress, show gratitude and pray. As Jesus said, “tend my sheep.”

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