

Take care of your spiritual health.

Today, we will talk about the spiritual aspect of health and happiness. I wonder how much you realize the impact of the spiritual element on your well-being. In this Covid-19 lockdown time, we are all concerned about staying safe, healthy, and happy. By now, we have heard enough of the formula for health and happiness: *"Wear a mask, keep a safe social distance, stay home, take care of yourself and each other, eat well, and exercise."* Did I miss anything? The question is, "How healthy and happy are you holistically?" When many people say that they feel tired, lonely, unhappy when they have no health and financial issues, there might be another area that contributes to our well-being as humans outside of the physical and emotional realms. For example, I think we all can name a few celebrities or rich and powerful people who have committed suicide in recent years. They had everything that most people would have ever dreamed of for happiness. They were good-looking, healthy, wealthy, famous, and had good friends. But what was the reason for their terrible choice? It might fall into a spiritual matter from a Christian viewpoint.

What is being spiritual? In short, it is the unseen world of God, and it is beyond the and it is beyond the world of science, academics, medicine, and logic. From a Biblical perspective, God is Spirit (John 4: 24), and He has made us in His image, which means to be like Him, a spiritual being able to share a fellowship with God. In the creation story of the Bible, when God created human beings out of the dust of the earth, He breathed *"...His living breath into the humans"* (Genesis 2: 7). That breath of God is called the human spirit, and this is different from the soul that governs emotion, intelligence, and will.

To get into the beautiful spiritual world of God is by believing Jesus to be the Son of God and asking Him to help you to experience that: *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"* (John 3: 16). Because it is that simple, Christians call it the Good News.

However, if you are not a religious person, you might have no idea about the world of spirit, but it is as real as the physical world. Like the hidden or unseen part of the iceberg in the water, what you see in the world and your life is not everything. Most vital things in life that make life possible or easy seem to be unseen, like your breath, oxygen, love, electricity, the Internet, cellphone signal, and so it is with God.

Friends! There is a spiritual world that coexists inside of your being and in the world around us. If we focus on the world that we can see and explain, we might miss out a lot. I remember a young lady at one of my previous churches who got healed from her drug addiction, liver failure, personality disorder, and financial bankruptcy when her spiritual part got healed. At her baptism, she told this story to the congregation, "When my family doctor demanded from me an explanation for my mysterious change without a liver transplant, I told him that I met the best doctor in the world, and his name is Jesus Christ." Yes, this might be an extraordinary story that doesn't happen often, but it still points out that our life's spiritual aspect has a vital role in our health and happiness.

If you have been struggling with some issues that might fall into the spiritual realm, I would like to invite you to come and talk about it with me and to pray together without any strings attached. Who knows? God might open your eyes to see the beautiful world of spirit that is as real as the physical world for your wellbeing. May God bless you.

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