*Thursday, March 20, 2014*

**Spiritual Fitness**

Mark 13:33 Take ye heed, watch and pray: for ye know not when the time is. (KJV)

Thayers definition for ‘take ye heed’:

* to see, to discern
* b) to discern mentally, to observe, to perceive, to discover, to understand, to look at, to weigh carefully, to turn the thoughts or direct the mind to a thing, to consider, to comptemplate, to examine

With all that is going on around us in this world today, the frequency of uprisings, earthquakes, severe weather, as well as all the other horrors that we hear about in society, how much longer will the Lord tarry? Mankind is imploding upon itself and there is no one except for the Lord who is able to make all the wrongs of mankind right; and He is only able to do this because He was counted righteous and worthy through His sacrifice for mankind (physically & spiritually) and is given charge of the judgment to come upon mankind. He is the rule, the measuring stick by which we will be judged righteous and worthy of eternal life in His kingdom.

Luke 21:36Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man. (KJV)

Dearly loved brethren in Christ, my prayer is that each of you will continue vigilant unto the end; be observant and examine all things whether they be of God, and please don’t be ignorant to what is going on around you; be always alert and on guard Spiritually for our time is short; need I say more….

1 Peter 4:7 But the end of all things is at hand: be ye therefore sober, and watch unto prayer. (KJV)

Revelation 3:5 He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels. (KJV)

God bless and have a prosperous day in Christ Jesus our Lord.