

## **Back to the Basics Spiritually**

As Christian physicians we have the opportunity to learn many things (good and bad) about patients as they come to the office. People go to the doctor not just for high blood pressure, infections, or arthritis, but, for a multitude of non-physically related problems. It is estimated that up to 50% of all visits to the doctor's office are for non-physical problems – problems of worry, sorrow, regret, anger. Patients also present with physical problems that have obviously been brought about by spiritual illness – headaches caused by stress, stomach ulcers from worry, or heart problems caused by anxiety. While we are honored as doctors that people trust us enough to confide in us, it is troubling as Christians to see the overwhelming amount of spiritual despair present in the Church.

One thing that has become obvious to us is that many Christians do not actually know what it is that they believe. Many Christians can recite Bible stories, scripture, and creeds, yet few seem to be able to say what core Christian principles guide their lives and give them the power found only in Christianity – a power founded in peace, contentment, and a sense of mission. Many Christians know more about what they do not believe than what they believe. Working with Reverend Phil Morrow we have identified the following Bible based Spiritual Principles that we believe all Christians should focus on in their daily lives.

### **Spiritual Principles of the Mature Christian**

1. Believe that God is all powerful and able to overcome any human weakness.
2. Believe that Jesus was born, lived, died for our sins, was resurrected body and spirit, and will return in glory.
3. Trust in the Holy Spirit as the guiding force in your life.
4. Practice meditative prayer to open yourself to the guidance of the Holy Spirit.
5. Carry out service to others – Intentional Compassion.

We believe that if Christians today learned, believed, and practiced these principles individual Christians and the Church would take on a new relevance in the world. We believe that in these principles Christians can find the true power of Christianity. The beauty of these principles is that all you need is yourself, God, and the Bible. It is all there. We do not need secular or religious media. We do not need countless books about God, Jesus, the Holy Spirit, prayer, or service. What we do need is to give our lives to God and Jesus, trust daily in the Holy Spirit, pray daily, and serve others. Many Christians view religion the same way many patients view starting an exercise program. They research different exercise programs until they become experts on the mechanics of how exercise works; however, they never actually start the program and therefore never gain the benefits of exercising. Many Christians are like this. They gain the knowledge about the doctrines of Christianity but never implement the essentials of the faith.

Put your Faith into practice.  
Start Today!