

REVEREND MATTHEW HARRINGTON'S INPUT: Shift Your Focus To God

July 02, 2020 1:34p

Dear Susan:

Thanks for sharing this with me.

I like your approach here. I think that you are correct that spiritual health is the precursor to physical and/or mental health. In my view, *"we spend a lot of time worrying about our physical and mental health (i.e. our earthly health) forgetting that the troubles or anxieties we feel are probably manifestations of an un-healthy spiritual outlook"*.

If we get right with God, then the things of this world seem less important, we can start to put the worldly things in perspective. The behaviors you mention like attempts to survive in the world, and even gain the world's acceptance, are secondary. For example, being a perfectionist helps put our worldly environment in order, and also, in some way, attracts people to us, and even gives us a sense of satisfaction. But *"worrying over much about these kinds of things pushes out the focus on our relationship with God"*.

I like your emphasis on getting spiritually healthy first, it's about getting one's priorities in order.

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." (Matthew 6:34 KJV)

Best,

Matt

Thanks for letting me read your post.