

## The Blood

*And according to the law almost all things are purified with the blood and without shedding of blood there is no remission.— Hebrews 9:22*

This week I had an appointment with an occupational therapist. As we discuss the need for healing in my wrist and hand, I asked, "What brings about healing?" She explained that it was the blood that made healing possible. She said that is why we are doing things to increase the blood flow to my wrist.

I am doing two things to increase the blood flow that will bring about healing. The first is heat and the second is exercise. This led me to make an analogy to the Christian life.

Leviticus 17:11 states, "*for the life of the flesh is in the blood; and I have given it to you upon the altar to make an atonement for your souls; for it is the blood that maketh an atonement for your soul.*" Just as my OT explained the need for blood to bring about physical healing so the blood of Jesus Christ is needed to bring about spiritual healing.

The fact that heat increases the blood flow caused me to remember that first Peter makes the analogy between the trials our faith and the purifying of gold. The increased trials of our faith cause us to seek God's healing and strength which is available because of the shed blood.

The need to exercise the weak limb reminded me of the need to exercise godliness. First Timothy 4:7 reminds us, "*But reject profane and old wives fables, and exercise yourself towards godliness.*"

The blood of Jesus Christ is an important part of our daily life. Our faith will increase spiritual growth and healing as God applies the trials and we exercise godliness.

*But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanses us from all sin.—1 John 1:7*