

Now there are some of us who like to study. We like to sit in the library and read. We don't like to == feel like getting out and exercising our bodies, and we can study and work and neglect our health and serve the Lord effectively a few years and then go to pieces. God wants us to develop our bodies so that they can take the strain that His service is going to put upon them.

About 10 or 15 yrs. ago I first heard about the value of jogging. I started gradually, and developed to where I was going a mile or a mile and half ^{day} ~~addya~~. It ~~ddd~~ did a great ~~big~~ deal for my health. I wish I had heard about it 30 yrs. earlier. I know that if I had I would be still doing it today. It makes a difference in one's health. All my life I've gotten exercise through walking. You may see me walking out here sometimes. I try to get at least a mile or two walk every second day. God wants us to develop our physical capacity so that we can accomplish the work He wants us to do. There are others of us who like to do physical things. We enjoy activities and sports. We don't feel like sitting down to study unless we have to. God tells you to develop your mind. He gave you a mind to use. You have certain things to learn in Hebrew and Greek. Get them solid. So they last. You have other courses where you are discussing principles and problems. Think them through. Try to find some error in what the professor is giving you. Try to find evidence pro and con in what he is giving you. Develop your mind. God wants us to show musar, to develop all aspects of our personality.

But now musar is not just effort. Musar is not just the attempt to utilize our energy and accomplish with ~~our~~ it as God wants us to. That is a vital part of musar. But that is not all of ~~musar~~. Out of the 50 times musar is used in Scripture, 30 times it is translated instruction. That is an important ^{ASPECT} of it. But I think our English word instruction gives a wrong idea of it. It sounds like something somebody