

Volume 08, Issue 09; Maintain Your Investments

This morning at the gym a friend of mine who I admire because she works so hard told me once again that she can't wait to lose weight so she can stop coming to the gym and do just aerobics. She said she likes how I work out because I do so little and spend only a few minutes at the gym. Well, it's not that little but my time at the fitness centre is very limited, and I have been doing this for a long time. I walk into the aerobics class when it's been going for at least half an hour because after walking, I drop my children to school. After aerobics, I sneak into the gym for 15 to 20 minutes, 30 if I am lucky, because then I have to get back home to get ready for work.

I like that my friend has in mind to continue with aerobics after she loses weight. There are people who don't want to continue exercising after they lose weight. I don't think that's very wise. It's not enough to lose weight and gain health, we need to maintain it. And maintenance is much easier and fun than trying to lose weight at the start or all over again. Maintenance is like prevention, which we know is better than cure.

I remember some years back another good friend of mine who was overweight at the time was working out hard and losing weight. But she kept saying she eats whatever she wants because she works out. It didn't take long before she realized she was shooting herself in the foot. When she finally combined exercise with good nutrition, she achieved so much more, and has never stopped. She is an awesome example to me of a disciplined mind.

Why work so hard to attain something only to trash it with wrong follow on actions or lack of maintenance? Like many valuable things, a healthy and fit body is an investment. We invest discipline, time and energy to attain it. Its only wise that we maintain it, so that our investment doesn't turn out to have been in vain.

When people see fit looking people at the gym or out running regularly, they wonder what they are looking for. We see trim and healthy-looking people watching what they eat, picking healthy options and we wonder why they need to do that. Those are wise people. They are maintaining their investments.

Maintain Your Investments

Written by Lillian Chebosi
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When I see run-down properties, it reminds me of my dad. My dad wasn't a wealthy man but he invested in maintenance. He regularly maintained our rented house with repairs and fresh paint works. He made sure clothes were ironed with precision, and shoes polished meticulously. I don't remember how many pairs of shoes I had growing up, but just because it's the only shoe you have doesn't mean it has to look sorry.

We see some very dilapidated looking cars driven around. They are few, but they are there. Just because its old doesn't mean its alright for it to be neglected. I drive an old car but I like to keep it looking good, mechanically sound, no dents or scratches, and given a fresh coat of paint whenever the paint looks tired. By doing so, I am maintaining my investment.

What have you invested in? Salvation, a marriage, children, a career, health, property? Are you maintaining your investments? Are you spending regular time with God to keep growing and vibrant? Are you making time to give undivided attention to your spouse regularly? I keep pushing my husband to stick to our date night even when it's hard. Life is busy, and wise couples understand the importance of regularly getting away from the busyness of life to focus on each other. Are you too busy or lazy to spend quality time with your growing children and pass on values to them? You had better wake up before it's too late for you to be a voice of influence in their lives. Are you doing your best at work, diligently pushing yourself to deliver better results consistently? Do you care to maintain that house God has blessed you with, regardless of whether you are a tenant or home owner? Protect and maintain your investments, and you will enjoy them for a long time.

For His Glory,

Lillian Chebosi