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Best Health Tip

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Best Health Tip

<https://www.youtube.com/watch?v=wwwuWJ8l0x-o>

And your hearts will overflow with a joyful song to the Lord. Keep speaking to each other with words of Scripture, singing the Psalms with praises and spontaneous songs given by the Spirit.

EPHESIANS 5:19 (TPT)

What if someone told you there was one health tip that could lift your spirits when you're feeling down, help heal emotional wounds, boost your energy, and give you a tool to face your fears? Would you listen?

I would!

I know it works because I've experienced its power and turned to it many times.

Ephesians 5:19 (TPT) encourages us: "And your hearts will overflow with a joyful song to the Lord. Keep speaking to each other with words of Scripture, singing the Psalms with praises and spontaneous songs given by the Spirit."

What a wonderful recipe for a joyful, spiritually healthy life!

The first ingredients include singing, making melody in our hearts to the Lord, and giving thanks always for all things.

And the result? A savory dish bursting with the flavor of life—a daily essential for nurturing our spiritual well-being.

Many fitness programs encourage us to consider the whole body and its needs. Smart, right? Exercise programs can even be tailored to our individual pace and fitness levels. What a great idea!

But the deepest transformations of the heart and spirit come from God.

A daily dose of Jesus music is just what we need to lift our hearts, renew our perspective, and remind us of the One who walks beside us through every season. For me, it's one of the best health tips around!

My days would feel empty without it. One of my son Eric's favorite singing groups is CAIN, and while spending time together this week, we discovered their delightfully crazy song, "Jesus Music."

Here's a taste of the fun: "Do you need a God Of Wonders? Amazing Grace? Are you looking for somebody who is Mighty To Save? I found resurrection power wrapped in a song, Ah yeah, and 10,000 reasons that you should sing along....to that Jesus music."

What a reminder that music can do more than entertain us. It can turn our attention toward God, fill our hearts with gratitude, and give us a reason to sing even when life feels heavy.

So, let's turn it up, get a little crazy, and let Jesus music ring in our ears today!

After all, a little heavenly music might be just what the Great Physician ordered. And if you catch yourself singing in the grocery store, don't worry. You might just be spreading a little joy without a prescription!

Karen Good

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