



Links Players

What Was The Question Again?

I have stored up your word in my heart, that I might not sin against you. (Psalm 119:11, ESV)

Not long ago, I wrote my weekly article for Do Good U on the topic of balance. In it, I used the big word proprioceptors (i.e., sensory receptors located in muscles, tendons, joints, and the inner ear).

You have those, you know, and if you (like I do) want to stay upright rather than falling down, you need to exercise them.

The good news is, they aren't muscles. You don't have to go to the gym or even break a sweat to improve them. Just stand on one foot for 30 seconds, then the other. Then do that with your eyes closed. Simple, quick, and easy.

And here is more good news: better balance could save you a visit to the ER. In 2021, falls among adults 65+ led to nearly 3 million emergency department visits!

Balance is an important component of all physical activity, from walking on a sidewalk to walking on a balance beam. Those sensory receptors – which are not just in your feet, but all over your body – help you maintain balance. Bonus: better balance will also help you swing more precisely and allow you to swing faster when you play golf.

Where are your proprioceptors in life? How do you train those to keep you from falling?

If Jesus is Lord of your life, his Spirit living in you (the Holy Spirit) is your primary proprioceptor. Of course, you have to train yourself to listen to God's Spirit instead of your own.

God's word is also an important proprioceptor in our lives, as seen in the verse above. Add to those two the people in your Links Fellowship or in your church who will help you stay upright

I have one more note about balance. For years, it has been popular to say you need to "balance your time" between family, work, and play. Perhaps.

But Jesus is not "one more thing" on that list. Jesus should be – and insists on being – involved 100% in every part of your life. In fact, that is the only way any of us can find true and meaningful "life balance."

So train those spiritual proprioceptors and walk uprightly on the narrow road. Life is better with that kind of balance.

Prayer: Father, without you, we cannot stand. It is your guidance, your strength, and your Spirit that keep us upright in life. Thank you, and may our walk always be pleasing to you. In Jesus' name, Amen

Lewis Greer

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