

*"Therefore we do not lose heart. Though outwardly we are wasting away,  
yet inwardly we are being renewed day by day."*

*2 Corinthians 4:16*

## Exfoliate Daily



My niece Heather, a licensed aesthetician, once shared an important tip with me for beautiful skin. Her advice: Exfoliate daily. The purpose of exfoliation is to revitalize dull, lifeless skin. The tiny beads scrub away the dead skin cells allowing fresh new cells to produce a healthy and radiant skin.

I see an important spiritual application to this beauty regimen. Living a Christian life-style in a sinful society requires daily spiritual exfoliation! The Apostle Paul said in Romans 12:2: *"Do not conform to the pattern of this world, but be transformed by the **renewing** of your mind."* The mental and emotional pollution of a worldly environment takes a terrible toll on your spirit resulting in unwanted dark spots and blotchiness. We must constantly cleanse the spiritual damage away. A daily regimen of reading God's holy Word and experiencing His rejuvenating presence will produce fresh new joy. Your spirit and countenance will have a bright and luminous appearance!

Let's make it our goal to exfoliate daily (both inwardly and outwardly). You will be very pleased with the results!

Sure love each of you,

Dee

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