

“P90X Your Bod for Ministry”

Staying Physically Fit in Resort Ministry

by Brad Lartigue

The Biblical Foundation

So, God put himself in the form of flesh (Jesus Christ) to understand the things that we experience in this human form. His example and model for living comes from a verse in **St. Luke 2:52** that says, **“And Jesus grew in wisdom, stature and in favor with God and mankind.”** These are 4 areas of life that WE ALL need to grow, whether as an individual or as a married couple. When you are not growing in these areas together, it's like that cord is being weaken and weaken everyday until it breaks.

#1 This verse says to GROW in WISDOM- if you're not learning or growing wise about the various passions that you have in life or you're growing in wisdom, yet you're not growing in this particular area apart from your spouse, then slowly you're going to grow apart. Be wise about the world and pursue these knowledgeable things together.

#2 GROW in STATURE - now this is an area that most Americans have a problem. We live in a culture that makes it easy to have unhealthy practices with our body temple. Encourage each other and be disciplined physically with what you eat, how you exercise and doing those things together as a couple or with a friend.

#3 GROW in favor with GOD- Your spiritual life is more than attending church and hanging out with “Followers of Jesus.” It's about having a personal relationship with God the Father, Jesus Christ our Saviour and the Holy Spirit that ties us together as a family. This spiritual tie is the “glue” that keeps things together, yet there has to be a discipline in this area, just like the other areas. Always working on our intentional and interactive life with the “source who gives us life.” Part of that is fellowship with other believers in Christ. There's a verse in Proverbs that says, “As iron sharpens iron, so one brother (person) sharpens another.” We do that when we fellowship with others who are positive role models, who have the reflection of the life that we want to live as well!

#4 GROW in favor with MANKIND - making a difference in other people's lives socially and in your community where God has placed us. We don't always have a problem with this area. We need to hangout and fellowship (be social, if you will) with individuals and couples who have the type of healthy relationships and marriages that you want to aspire to have. At the same time, we need to be “salt of the earth.” How many “seeking” (nonbelieving) friends do you have or what non-church community-building endeavors are you a part of?

“When we model our LIFE by the disciplines set in St. Luke 2:52, we earn the respect of others to share our faith in a more real and tangible way. How can we say that we are a “reflection of Christ” if we don't live our lives and grow as Jesus grew! – Brad Lartigue

The Key Questions and Answers about Eating and Exercising:

Why do I eat what I eat? Each of us must take a new look at why we choose to eat what we eat. Rather than continue our mindless, unconscious habits, we need to be intentional and rational about what we choose to put into our bodies. We need to take a cold, hard look at the bad habits into which we have fallen and choose to make a change when we find ourselves in error. In the context of the verse Luke 2:52, Jesus probably did not eat processed, high-sugar, high-fat, high-salt, low-fiber foods.

Did Jesus Exercise? What application can we conclude?

Many Christians seem to believe that exercise is of very little value. They base their opinion, in part, on what the apostle Paul wrote to Timothy: “Bodily exercise profits a little, but godliness is profitable for all things.” (1Tim. 4:8). However, biblical times were vastly different from today with regard to people’s need for additional “bodily exercise.” When Jesus walked the earth, most people walked from 3 to 10 miles a day in the course of their daily lives and work! It is estimated that Jesus possibly walked a total of 24,901.55 miles in his lifetime as a result of the many travels to and from Jerusalem as a young kid of 5 to an adult of 30. This is equivalent of our world’s distance at the equator. So, as you can see, people in Jesus’ day did not need to engage in additional exercise. Extra exercise was usually only done in the Roman Empire to increase muscle size and strength for participation in spectator sports. Certainly Paul valued physical health: he simply believed that getting bodily exercise for the purpose of engaging in sports was not as profitable as using one’s time and energy to develop spiritual strength.

Get Started NOW - Determine Your Exercise Heart Rate Range

*In starting an exercise program, you need to determine your exercise heart rate range. Your target heart rate should be between 50 and 80% of your maximum heart rate. To determine this range, subtract your age from 220. Multiply that number by .5 (50%) and then multiply that number by .8 (80%). Here’s an example: a forty-year-old person would subtract 40 from 220 ($220-40= 180$); $180 \times .5= 90$; $180 \times .8 = 144$. The exercise heart rate range is 90 – 144 beats per minute. As you begin your exercise program, keep within your range. After a couple of months, increase the intensity to 60-70% of your max. After several more months, as you become physically fit, increase the intensity of your exercise.

Chart your “Plan of Action”

- 1. Choose this day whom you will serve: God’s design for your body temple or your own selfish desires.**
- 2. Write down a list of problem areas that you feel are a struggle, whether it’s what you eat, lack of exercise, stress or amount of sleep.**
- 3. Enlist the help of a friend whom you think is physically fit or could be a personal trainer to you.**
- 4. Work with a friend, workout partner or trainer to research, develop and write a “Plan of Action” for your fitness goals and write out a covenant contract that you will sign with your accountability partner. Okay it with your doctor if need be.**

5. Don't be a "gerbil." Get outside and incorporate a moderate to strenuous exercise at least 3 times a week for 30 minutes each time, at or above your *exercise heart rate and "break a sweat."

6. Join a local fitness team. Whether you are into trail running, cycling, swimming, rock climbing, hunting, fishing, golf, cross-country skiing, hiking, kayaking, etc. You need to invest in your health! If you're the type of person that has begun a fitness program, only to taper off and eventually shove it aside, then you need to try something new. Join a club (like the local Masters Swim Team) that caters to the sport that you enjoy and see how the benefits of growing in wisdom, stature, God and mankind will be the end result of this investment.

7. Not the least of these, Pray to God for your dedication to honoring the body temple that God has given you. As you rise in morning and Thank God for embracing you with life, pray that God will guard your heart, eyes, mind and body to make the right choices of balancing your day with devotion to Him by what you eat, what you will do to strengthen yourself in mind, body and spirit. Tap into the power of Jesus that is promised when He says that "we can do all things through Christ, who gives us strength," and then do just that! Keep a journal, chart your progress along the way and see how God has increased in your life.

My personal recommended list of Books to consider:

"What would Jesus Eat?" by Don Colbert, M.D.

"Toxic Relief" by Don Colbert, M.D.

"What the Bible says about Healthy Living" by Rex Russell, M.D.

"Nourishing Traditions" the cookbook that challenges politically correct nutrition and the Diet Dictocrats by Sally Fallon

"The Bible's seven secrets to Healthy Eating" by Joyce Rogers

"Celebration of Discipline" by Richard J. Foster

"Building God's Temple" by Dr. Dick Couey

"The Aerobics Program for Total Well-Being" by Dr. Kenneth H. Cooper

New for 2009:

DVD Workout Plan: "P90X Extreme Home Fitness" with Tony Horton