

*Active Image, 2001*

## +++++Faith to Fitness;≅PH%&

*Building the Foundation for Developing an Active Image*

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**I can do all things through Christ who strengthens me." Philippians 4:13**



Our Fitness walk much like our Christian walk can be very challenging. Life keeps getting in the way of our best intentions. Everything else seems to take priority over our prayer life and our goal for a healthy lifestyle. Even the great apostle Paul said, "For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do- this I keep on doing. (Rom. 7:18b, 19). Maybe Paul was talking about his commitment to his exercise program!!! (chuckle). In the next few verses Paul gets very frustrated with himself as we also do (when we miss a workout, or overeat, or can't find the motivation to get off the couch). He says "What a wretched man I am! Who will rescue me from this body of death? (v. 24). And as quickly as he agonizes over his plight he also finds his answer. **Thanks be to God-through Jesus Christ our Lord! (v. 25)** His answer does not come from his own doing and trying. We can spend much of our life trying to get it right- new diet, new trainer, latest fitness craze (pilates, step, yoga) or constantly telling ourselves that "this time it will be different".

As we try to do these God sized tasks on our own we will continue to struggle. A few verses in James chapter four stand out for me: "you do not have, because you do not ask God" (v.2d), "but he gives us more grace" (v. 6), "submit yourselves, then, to God"(v.7), "humble yourselves before the Lord, and he will lift you up" (v.10). All of these verses reinforce how important is to seek God not only in the big things in life but also in the small things. Ask him for motivation to exercise, ask him to take away the cravings, ask him to lead you to the right counselor to handle the underlying triggers, ask him to lead you to the right gym or personal trainer. There is nothing too hard for God and there is nothing too small for God. A friend of mine consults God on what to wear each day!

This is not to say that it will suddenly get easy. (although it might)Continue to stick with it in prayer until you have a breakthrough. Believe that God will make a way. That is his promise to us. John 10:10 says "I have come that they may have life, and have it to the full" This is His promise to us. Our lives are supposed to be full. To me that means a life not spent struggling against everything and everyone but a life full of abundance. Abundance in health and well-being; a life where we are prospering not perishing, soaring not sinking, rejoicing not reverting ; believing not begging! Are you taking advantage of the full, abundant life that is promised to you?

*"Beloved, I wish above all things that thou mayest prosper and be in health, even as thou soul prospereth"*  
3John 1:2  
Cathy Morenzie, December 4, 2001

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*"And whatever you do in work or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through Him (Col3:17)*

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