

Get a Move On!

In 1983, a half-hour aerobic workout show called “Bodies in Motion”, featuring Israeli workout guru Gilad Janklowicz, was launched and ran on ESPN for ten years. The program was very popular, and featured Gilad and a group of exercisers going through the paces of a 20 minute routine that you could do right in your own living room. Sadly, it is an almost certainty that many folks watched the program from the comfort of their easy chairs while admiring the attractive young exercisers.

It is a well-known fact that our human bodies were created for motion. The active person can enjoy better health, improved attitude, and good, overall well-being. On the other hand, a sedentary lifestyle can lead to many chronic health problems, rendering the person unable to be active, even if they wanted to. Our physical bodies are wonderfully created and as believers, we must be good stewards of our physical being.

Just as it is important to keep our “bodies in motion”, Christians must keep their spiritual selves moving too. When we obey the gospel, we begin a spiritual journey and from that moment on we commit to growing spiritually for the rest of our lives. (*1 Peter 2:2; 2 Peter 3:18; Eph. 4:15*) There are no easy-chairs in the kingdom of God, no time to prop our feet up and lay around, rather we are to be enthusiastic in spirit, serving the Lord. (*Rom. 12:11*) Have you ever noticed how many action statements are found in the New Testament? We are to love one another, worship in spirit and in truth, pray without ceasing, have the same care for one another, do good to all, grow in knowledge, walk in the light, and the list goes on and on.

Why don't we take a moment and examine ourselves to make sure we're not taking the easy path that leads to spiritual destruction, (*Matt. 7:13*) but rather have an action-packed faith that's moving towards heaven.

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