

Cross Training

Scripture Reference

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God.

Proverbs 31:17 She sets about her work vigorously; her arms are strong for her tasks.

1 Timothy 4:8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

What do you think of with the term “cross training?” For a runner or walker, it might be an activity like biking or swimming. Another activity that many recommend as a cross training event is weight lifting. Perhaps the writer of Proverbs knew the importance of that when he wrote verse 17 in chapter 31. Many experts suggest adding strength building exercises as a way to help with weight loss while you are already on a plan that includes cardio work. Obviously, we are not talking about lifting excessive amounts of weight and trying to become the next Mr. or Mrs. Olympia. Perhaps it can be something as simple as doing lifts with the grocery bags as we carry them in from the car. An easy way to add squats to your exercise program to strengthen the legs and lower back is to stand and sit from a chair and try to not use your arms to push off. Just think about all of the reps you can do while you are watching your favorite television show.

Have you ever watched the CrossFit games on ESPN? These men and women are in extreme shape that allows them to do a variety of tasks while racing against the clock. They argue, and maybe rightly so, that they are the best physically conditioned athletes in the world. There is a group of these athletes that have started their own website called CrossFit Faith. They want to add the dedication to grow spiritually like they already have to grow physically. Their website states “CrossFit Faith is an affiliate that combines the physical training philosophy of CrossFit with a daily spiritual fitness program. Our aim is to utilize the underlying benefits of physical fitness to enhance our faith in God and deepen our relationships with others. With a daily devotion to wisdom, self-discipline, and proper motivation, we believe our faith can be further prepared for the times we need it most.”

So how should we cross train? Add a little weight lifting to our regimen? Maybe add a day where we do some other type of activity like ride a bike or swim a few laps in a pool? How should we cross train in regards to our spiritual lives? How about these suggestions for our new cross training schedule? Let’s add a time for daily scripture reading. Use one of the many suggested daily ready plans or just pick a book and start there. Add some quiet time to meditate and think about what God has done in your life. Use this time for prayer. A running coach will tell you that the “rest day “ is what makes you stronger. I think the quiet time spent with God does the same thing for your spiritual fitness.

Think about Jesus and the role that the cross played in his story. His life is the best example of cross training to me.