

The Gym

The number of people going to the gym in our current culture is increasing. Gym memberships are getting cheaper and cheaper, local sports teams are creating team gym programs, and people often use the gym as a substitute for sport. As it is an increasing part of our culture, particularly sports culture, it is important that we as Christians need to know how to glorify God at the gym.

Lots of different things motivate people to go the gym. It could be to improve performance, help obtain or sustain good health, to do something with your mates, because it's fashionable, to increase the look of your body, or just because you enjoy it. What motivates you to go to the gym? Does that motivation glorify God?

Improving performance

This is common practise for people competing in elite sport and increasingly in local sport. It is an extension of our training. We want to serve our team as best we can, and we want to compete to the best of our ability. Going to the gym helps us with that. It may effect the type of exercises we do though. If we are a Christian and have this mindset to make God look good to our teammates, it is glorifying to God.

For fun

Some people go to the gym for the pure fun of it. Thats great! Keep enjoying it. Thank God that you get to enjoy it under his grace.

Obtaining and sustaining good health, and looking good

So many people go to the gym that don't play sport. Often people go so they can stay healthy or get into shape. God gave us a body to look after. Going to the gym helps us with that. I think it is God glorifying when we are motivated to look after our body. When it doesn't is when we become obsessed with being healthy and looking great. It is easy to do. God has given us a body to look after not worship.

Doing something with your mates

The gym opens up opportunities to hang out with your mates, and actually talk to them and get to know them better. Particularly if your mates normally go to the gym. Its good to invest in our friends and be involved in something they do as part of their lives. Going to the gym with them is a great way we can do that.

I actually hate going to the gym. I hate the feeling of lifting weights and I think it's really boring. I still go though. I want to be motivated to improve my performance, but am often motivated so I can look good. I don't want to worried what I look like because it is easy to get prideful and want make **myself look good**. I want to be motivated to be the best I can for my team, because as an ambassador of Christ I want to give my best, so when my teammates see that I am doing my best for them and know I am a Christian, it makes **God look good** (Matthew 5:16).

Why do you go to the gym? Does it glorify God when you do?

Before you go to the gym, pray and ask God to help you with your motivation and trust that he will.

So whether you eat or drink or whatever you do, do it all for the glory of God.

- 1 Corinthians 10:31



Sport **God's** Way