

Welcome to *Get Moving*

Get Moving is a unique partnership between lyfe and Fitfish that will motivate you towards spiritual and physical health. Divided into six sections, this booklet offers a combination of Scriptures and spiritual exercises for the soul and physical workouts for the body.

This booklet will help you discover a holistic approach to spiritual and physical health. Divided into six sections, it offers:

- ▶ Scriptures
- ▶ Soul training exercises
- ▶ Physical workouts
- ▶ Nutritional facts
- ▶ Motivational tips
- ▶ Space for you to write, reflect and journal your progress.

There are also six training videos to help you improve in the six different fitness areas. You can view them when you visit lyfe.org.uk/fitlyfe

What is lyfe?

Lyfe spiritual formation resources help people, both individually and in the context of small groups, to discover a deeper life with God as they live as apprentices of Jesus. They help people experience a transforming relationship with God through Scripture and the spiritual

practices that have inspired and sustained Christians throughout the centuries.

Lyfe's approach to holistic spiritual growth is built around six zones:



Prayer



Authenticity



Spirit



Social Action



Scripture



Everyday life

Find out more about lyfe – visit lyfe.org.uk

What is Fitfish?

Fitfish is a unique organisation that supports Christians with the balance between physical, spiritual and emotional health. They run weekend and week-long retreats with a mix of exercise, nutrition, worship, ministry, life coaching, counselling, prayer, massage and workshops. They also offer online support, personalised healthy eating guides and lots of recipes and motivation. Fitfish's approach to physical fitness is built around six areas:



Everyday stamina



Core strength



Strength



Flexibility



Power



Rest & Refuelling



The Fitfish team

Let's get physical...and spiritual

A survey taken a few years ago identified tiredness and fatigue as the two main barriers to spiritual growth. Both hamper our ability to pray, read Scripture, love other people, stay awake and be aware of God. It's hard to maintain joy, compassion and strength if we're not looking after our body. If we're not eating well, not resting and not keeping active in appropriate amounts then we will naturally feel sluggish and lazy - both physically and spiritually.

Along with all this, if you find yourself more anxious and stressed, more addicted to caffeine and energy drinks, more overwhelmed with information and demands and less active than ever - then perhaps you need a little encouragement. This booklet will help you to recover, refuel and replenish, both spiritually and physically.

I pray that God, who gives peace, will make you completely holy. And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns.

1 Thessalonians 5.23

Get Moving: commitment and discipline

Spiritual and physical health needs both commitment and discipline. It takes discipline to be active, fit and healthy. It also takes discipline to pray, read Scripture and stay connected to God. Our hope is that over the

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next six weeks you will make a commitment to work through these six sessions and that you will feel spiritually and physically stronger. We hope that you will discover new rhythms of spirituality and physicality that will bring joy, energy and health.

How to use this book:

This book is divided into six sessions. Each session has sections for spiritual and physical growth. Follow the Read / Reflect / Respond pattern and then select a soul training exercise and physical challenge at the end.

READ:

Read through the passage of Scripture several times. Read it slowly, use your imagination to help you picture the scene and soak it up. You will find the Setting the Scene information helpful in gaining further insight. As you read, look out for one or two points that really impact you. This might be a key phrase, a single word or just part of the text that resonates with you. We call these shockers and blockers.

Shockers – something from the text that stands out or surprises you.

Blockers – something that raises questions or you find hard to understand.



Gaynor Burton
Fitfish

REFLECT:

Pause, don't rush. Take some time to be silent and to rest with the Scriptures. Then begin to reflect on your shockers and blockers. You might like to write these down in the REVIEW spaces provided. This is an opportunity to listen to God and to be attentive to the Spirit leading you. You might also find the questions provided helpful. As you reflect, use the REVIEW space to journal and make notes.

RESPOND:

At the end of the section there are three options to choose from. Two choices are specifically 'soul' options, the third choice combines spiritual and physical. Choose an activity that appeals to you and practice it over the next few days. Feel free to adapt or change it as you want to.

PHYSICAL CHALLENGES:

Each of the six sessions also includes some educational and motivational information and challenges for all abilities to strengthen your body and improve overall fitness. Practice these challenges over the week. Don't forget to check out the training videos that are available on the lyfe website for motivation and further information. Have fun as you Get Moving over the next six weeks!



Rob Hare
lyfe (Bible Society)

SESSION 1



STILL LYFE

In this busy, distracting, caffeine-addicted world, do you hunger for a deep life of prayer and greater intimacy with God? Still lyfe brings us back to what is most important – love. Love for God and love from God. This is the foundation of our faith and a reminder that the Christian life is less about rules and more about love. The prayer-filled life stresses the value of silence, solitude, observation, listening, slowing down, and prayer as ways we engage with God's presence. We can do this as we walk, jog, swim, take a nap and in most other everyday tasks.



Physical activity: everyday stamina

With more technology and gadgets than ever before, have you been lured into a sedentary lifestyle? Just 100 years ago people may have found it amusing that we'd have buildings called gyms, where people go to move and lift things! To appreciate and enjoy everything that God has for us, and to ensure that we resist diseases brought on by a sedentary lifestyle, we need to move more and ensure that our heart is a strong muscle. As we move more we can also take it as an opportunity to engage with God's presence.

Visit lyfe.org.uk/fitlyfe to view our training videos and exercises.





Still lyfe: Prayer

Prayer is one of the key practices of the spiritual life, and one of the main activities that God uses to transform us. Real prayer is something we learn. The disciples had prayed all their lives but, recognising the quality of Jesus' prayers, they asked him to teach them.

READ:



MATTHEW 6.5–15

(CEV)

When you pray, don't be like those show-offs who love to stand up and pray in the meeting places and on the street corners. They do this just to look good. I can assure you that they already have their reward.

When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you.

When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers. Don't be like them. Your Father knows what you need before you ask.

You should pray like this:

**Our Father in heaven,
help us to honour your name.
Come and set up your kingdom,**

so that everyone on earth will obey you,

as you are obeyed in heaven.

Give us our food for today.

Forgive us for doing wrong, as we forgive others.

Keep us from being tempted and protect us from evil.

If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins.

Setting the scene

- ▶ This Scripture sits in the centre of a series of teachings known as the Sermon on the Mount. Gathering his disciples, Jesus addresses the issues that wreak the most havoc on society – anger, adultery, divorce, retaliation, lust. He then turns his attention to prayer, advocating simplicity, correct motivation and the centrality of the heart's desire to be with God.
- ▶ Pious Jews would often stop what they were doing to pray – some were discreet, but others would show-off. Prayers in the synagogue were led from the front, by invitation, and seen as a mark of superiority. Jesus is not saying we shouldn't pray in public – but that prayer should not be about impressing others.
- ▶ The Gentiles' prayers were often long and empty – by contrast the Lord's Prayer is short and concise. Here, Jesus is speaking with God about the ordinary things of life – food, sin,

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temptation. But the prayer, from the start, recognises who God is and our standing before him. The last two verses remind us that the condition of our hearts is most important.

REFLECT:

Questions

- 01 What are the shockers or blockers for you in the passage?
- 02 How would you describe your current experience of prayer?
- 03 In what way is prayer easy and difficult, a delight and a struggle?

RESPOND:

Soul training exercises

Fixed hour prayer

Fixed hour prayers (prayers said at specific times of the day, sometimes called The Divine Hours) is one of the oldest surviving forms of Christian spirituality. Set an alarm on your watch or phone to sound at midday (or other appropriate times) and use this as a prompt to say the Lord's Prayer each day (either out loud or silently). In doing this you will be joining with people all over the world who practice fixed hour prayer.

Journal

Are you one of those people who find it hard to focus and concentrate when

praying? The practice of journaling helps you to stay focused by writing out prayers. It's also a good way to record important Scriptures, reflections and thoughts about God. Commit to starting a journal over the next six weeks and see if this works well for you.

Physical and spiritual option: thanksgiving run/swim/cycle

Cycling, running, swimming and walking are great ways to find time alone with God. As you train, invite God to be with you. Thank him for your surroundings, your ability to exercise, your sense of wellbeing. This is an old form of prayer known as 'Counting Your Blessings' and helps us to build gratitude and openness to God. Also use this time to pray for other people and situations that require God's presence and intervention.



Physical exercise: everyday stamina

Do a quick reflection here – how many of the following questions can you answer yes to? Put a tick in the box.

- My main mode of transport is a car, bus or train.
- My commute doesn't involve a walk.
- The majority of the day when I am working, studying or caring for others I am usually sitting.