

1 Spiritual workout

- Will working out with Jesus, cramp my style?

2 Planet Fitness

- Most of us, if we go to a gym we'll expect to see sweaty bodies, people in workout clothes, and perhaps some individuals grunting and dropping weights on the floor.
- Not so at Planet Fitness

3 Planet fitness

- Planet Fitness is a new type of gym that prides itself in being novice friendly.
 - No grunting,
 - No dropping of weights, or
 - No judgmental looks.
- Judgment Free Zone
- Lunk Alarm

4 Planet Fitness

5 Grunting

- While grunting may be rude in some contexts it does nevertheless denote that someone is putting their whole heart into something.
- Physical therapy research even has shown that grunting can produce 2 to 5 percent more power and energy.
- Due to the successes of Monica Seles and Maria Sharapova, grunting is now all the craze among women tennis players.

6 Is Grunting allowed?

- Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. (1 Cor 9:24 NIV)
- Everyone who competes in the games goes into strict training. (1 Cor 9:25 NIV)
- . . . but we do it to get a crown that will last forever. (1 Cor 9:25 NIV)

7 Is Grunting allowed?

- But [like a boxer] I buffet my body [handle it roughly, discipline it by hardships] and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit [not stand the test, be unapproved and rejected as a counterfeit]. (1 Cor 9:27 AMP)

8 Is Grunting allowed?

- Brothers, . . . one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. (Phil 3:13–14)
- I have fought the good fight, I have finished the race, I have kept the faith. (2 Tim 4:7 NIV)

9 Jesus

- Our image of Jesus is often characterized by thoughts of him being loving, accepting, and never wanting to hurt anyone's feelings.
- Rock of Offense (1 Peter 2:6-8)
- In fact, Jesus was more exclusive than inclusive.

10 Exclusiveness of Jesus

- According to Luke 14:25–33, Large crowds were traveling with Jesus, and turning to them he said: you cannot be my disciple if . . .
 - You love your family, wife, children, or friends more than me.
 - You love your possessions, job, career, money, hobbies, or sports (both UK basketball and football) more than me.
 - You love your life more than me.
 - If we seek security, comfort, or quest for significance . . .
 - If we seek freedom to do what we want, when we want, without accountability . . .

11 Overcomes

- “To him who overcomes, I will give the right to eat from the tree of life, which is in the paradise of God.”(Rev 2:7 NIV)
- “He who overcomes will not be hurt at all by the second death.” (Rev 2:11 NIV)
- “To him who overcomes, I will give some of the hidden manna.” (Rev 2:17 NIV)
- “To him who overcomes and does my will to the end, I will give authority over the nations —” (Rev 2:26 NIV)

12 Overcomes

- “He who overcomes will, like them, be dressed in white. I will never blot out his name from the book of life, but will acknowledge his name before my Father and his angels.” (Rev 3:5 NIV)
- “Him who overcomes I will make a pillar in the temple of my God.” (Rev 3:12 NIV)
- “To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne.” (Rev 3:21 NIV)
- “He who overcomes will inherit all this, and I will be his God and he will be my son.” (Rev 21:7 NIV)

13 Conclusion

- In God’s gym, it is OK to strive, grunt, and sweat as He is looking for disciples who are willing to follow him in everything.
- Go ahead and grunt if you need to. A little hard work and sweat comes when we put first God’s Kingdom and His righteousness.

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