

The Rec-Connection

March 2005



Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next. 1 Timothy 4:8

What Do You Stand For?

Have you ever thought about that? Let's start broad and we'll focus as we move along. White or Wheat? Coke or Pepsi? Republican or Democrat? Predestination or Free Will? Now think about your personal beliefs on faith. The majority of people receiving this email would call themselves Christian. I ask, why are you a Christian? What about those of you that are not Christian. Why not? The United Methodist Church as a whole is a very welcoming denomination of Christianity. I just learned today that Bob Dole and Hillary Rodham-Clinton are both United Methodists, and both are on opposite ends of the political spectrum. All that is to say that across Methodism, and Christianity for that matter, you will find a wide range of opinions, theological beliefs, worship styles, and interpretations. However, being a Methodist is not a free pass. This freedom requires responsibility.

The question "what do you believe" is not one that should be taken lightly. If you were able to answer that question quickly and assertively, then I applaud you for your convictions. What about those of you who are still thinking? Truth be told, on occasion I fall into the latter category depending upon my mood or even what I had for lunch. However, I do feel I have a firm grasp on my core beliefs and where I stand theologically. A few months back, I attempted to put on paper EXACTLY what I believed about God, religion, and what I considered moral guidelines for my life. While in my gut I knew what I believed, organizing those thoughts into something that could be verbalized was totally different. After many revisions, I still don't think it communicates my faith effectively so I'm calling it a work in progress! Imagine that 10 minutes from now an acquaintance asks you why you are a Christian and wants to know what you believe. Could you tell them? You should. If we ourselves can't say why and what we believe, how can we expect anyone else to be curious about the Christian faith?

So whether you are United Methodist, Baptist, Catholic, simply Christian, or Undecided, I encourage you to take however long it takes to figure out exactly what you believe. It's not easy. When you come away with more questions than answers, turn to the one Book that has them. No one person on Earth has all the answers, but that doesn't mean we shouldn't seek them. Think about what you believe, be able to back it up Biblically, and you will be a better person for it. *1 Peter 3:15-16*

Instead, you must worship Christ as Lord of your life. And if you are asked about your Christian hope, always be ready to explain it.
NLT

Chris Jones

Director of Recreational Ministries

Featured Programs

Women's Self Defense

Learn basic blocks, hand strikes, and kicks. You will be taught defense against grabs and how to release yourself from certain holds. The instructor is a black belt with over 11 years of experience.

Every Monday for 6 weeks \$30

March 21 - April 25 7pm - 8pm

Upcoming Events

Fly Fishing Trip

**April 8th, 9th, & 10th
Broken Bow State Park
Beavers Bend, OK**

This event is open to the seasoned fisherman and families alike. Come for a guided trip or just to hang out. Don't miss this great fellowship opportunity. Call the CLC or visit the website for further details.

Announcing Saturday Yoga!

If the current schedule of exercise classes doesn't work for your busy schedule then try a Saturday class. Registration is almost closed so sign up soon.

12:30 - 1:30 12 weeks \$40

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