

The Rec-Connection

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

You Are What You Eat... and Then Some!

*"Blessed are those who hunger and thirst for righteousness,
for they will be filled."*

Matthew 5:6

It's a fairly widely known fact that the reason flamingos are pink is because of the amount of shrimp they eat. The human body (and life in general) operates on this very same principle. The body is a highly complex balance of minerals, proteins, acids, etc. Our bodies function solely on what we put into them, the food we eat and the air we breathe. What goes into the body is reflected in our physical and cognitive power. Marathon runners train for months and even years preparing for the physically demanding event. They must be disciplined about their physical training but also disciplined in what they eat. Can you imagine a runner drinking several carbonated sodas before a 10K? Or a football player eating a heavy dinner just hours before they play? Athletes have learned that physical training is only a piece of athletic success. They have learned to "feed the machine." The right foods translate into the right fuel for the event. Carbs for energy, protein for muscle building, water for hydration and minerals for nutrient absorption. All creating a delicate balance for optimum performance. When we put inferior fuel in our machine, problems will develop. But poor athletic performance is just the tip of the iceberg. Continued abuse can develop into heart disease, cancer, and a whole host of others. We may not turn pink, but our bodies are a reflection of what we put into them. In my opinion "you are what you eat" is a basic principle of nature. One that is also easily applied to our spiritual life.

What are you feeding your soul? Trashy TV and empty living have the same effect on your soul that fast food and tobacco have on your body. You may think that this "inner cancer" is not as easily visible, but trust me, it is. Have you ever met someone who was just "at peace?" Someone who could not be rattled and just seemed to get it? We as Christians need to be those people. In my honest opinion nothing is as evangelical as a life lived well. "People care a lot more about what you DO, than what you SAY." A life lived for Christ is far more powerful than 1000 finger waving televangelists.

If we feed our soul the right things, it will have tangible effects in our everyday life. But what are the right things? Well, the obvious answers are Prayer and Bible Study, but let's dig a little deeper and look for some that are not so obvious. What about the music you listen to? What frame of mind does it put you in? If you listen to loud, angry rock, how is that going to manifest itself in your life? What about music with foul language? Do you think that will show up in your daily conversations? I think it will. Now what about the people you associate with? Do they build you up? Or are they a "Debbie Downer" who seems to only bring out the negative? As you can see, what we feed our soul is not as simple as you might think. We must include our environmental and social circumstances as well. As I've explained above, I believe that what you put into your mind, body, and soul will manifest in our actions and thoughts. Including the circumstances and people you choose to surround yourself with. The Bible puts it this way:

"In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace."
Romans 6:11-14

Simply put, live for God. Make sure that everything about you is centered around Godly living. Do that, and you'll have the cure for whatever ails you.

Chris Jones

Director of Recreational Ministries

July 2006

Featured Program

Upward Indoor Soccer

Late registration for Upward Indoor Soccer begins July 17th and the final day to register is July 30th! Don't be left out. Why sit in the heat this fall when you can play indoors!



News & Events

Fall Golf League

Tuesdays at 5:30pm
beginning August 8th.
Additional details on the
Fall League can be
found on the Golf Page
of CUMC Sports.



Weight Room to Open Early

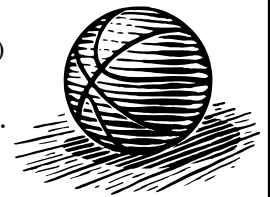
Starting August 7th the CLC will open at 5:30am Monday, Wednesday and Friday. This is just a 6 week trial period that will become permanent if demand warrants. So cast your vote and be here at 5:30am August 7th!

Summer Camp Photos

Summer Camp photos are now available! Go to the Summer Camp home page of CUMC Sports and click on the name of the camp.

Pick-Up Basketball Games

Pick-up basketball games are available Tuesday and Thursday nights from 7:00 - 9:00pm. Full and half court options are available. Membership or attendance with a member is required.



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