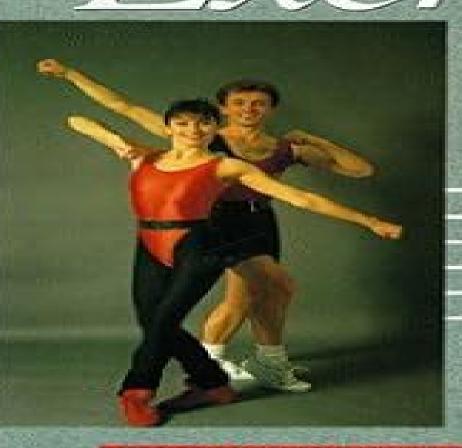
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Speddings, 2013 Using the words soul and workout in the same sentence may seem implausible and stretching artistic licence too far but in the Soul Workout book the improbable becomes believable and the only stretching to be done is metaphorical An imaginary visit to the gym for a workout becomes a metaphor for the spiritual disciplines of Bible reading prayer and contemplative reflection Going to the gym may not be everybody s cup of tea but when the idea is transposed into the metaphor everyone can breathe a sigh of relief lycra and dumbbells will not be required What is needed is a willingness to be open to prayer spiritual reflection and a desire to look for creative ways to deepen your faith journey this is what Soul Workout offers By methodically quiding you through the metaphor Janice Speddings shows how different aspects of the gym have their spiritual counterpart so cardiovascular exercise is likened to time spent building a deeper relationship with God the heart and life blood of the Christian faith while spiritual weight resistance exercise is seen as a way of learning to carry life s burdens with added strength and resilience You need no previous experience of contemplative prayer as all the exercises are fully explained and offered at basic or advanced levels Part 1 includes a helpful chapter for those with little or no experience of planning and running a group event while part 2 works through the metaphor step by step including spiritual reflections as exercises extra tips are offered for group leaders Part 3 deals with hanging on to the feel good factor after the workout is finished As a tried and tested metaphor this inspirational book provides a down to earth easy to read resource for groups and individuals alike an essential companion for your spiritual journey **Devotional Fitness** Martin Radermacher, 2017-01-05 This book examines evangelical dieting and fitness programs and provides a systematic approach of this diverse field with its wide variety of programs When evangelical Christians engage in fitness and dieting classes in order to glorify God they often face skepticism This book approaches devotional fitness culture in North America from a religious studies perspective outlining the basic structures ideas and practices of the field Starting with the historical backgrounds of this current the book approaches both practice and ideology highlighting how devotional fitness programs construe their identity in the face of various competing offers in religious and non religious sectors of society The book suggests a nuanced and complex understanding of the relationship between sports and religion beyond simple functional equivalency It provides insights into the formation of secular and religious body ideals and the way these body ideals are sacralized in the frame of an evangelical worldview Who's who of Australian Writers ,1995 **International Books in Print** ,1990 Self-Leadership Christopher P. Neck, Charles C. Manz, Jeffery D. Houghton, 2016-06-17 Written by the scholars who first developed the theory of self leadership Christopher P Neck Charles C Manz Jeffery D Houghton Self Leadership The Definitive Guide to Personal Excellence offers powerful yet practical advice for leading yourself to personal excellence Grounded in research this milestone book is based on a simple yet revolutionary principle First learn to lead yourself and then you will be in a solid position to effectively lead others. This inclusive approach to self motivation and self influence equips readers with the strategies and tips they need to build a strong foundation in the study of management as

well as enhancing their own personal effectiveness Hearers and Doers Kevin J. Vanhoozer, 2019-05-15 The foundation of discipleship is sound scriptural doctrine The value of sound doctrine is often misunderstood by the modern church While it can be dry and dull when it flows from the story of Scripture it can be full of life and love This kind of doctrine steeped in Scripture is critical for disciple making And it s often overlooked by modern pastors In Hearers and Doers Kevin Vanhoozer makes the case that pastors as pastor theologians ought to interpret Scripture theologically to articulate doctrine and help cultivate disciples scriptural doctrine is vital to the life of the church and local pastor theologians should be the ones delivering it to their communities With arresting prose and striking metaphors Vanhoozer addresses the most pressing problems in the modern church with one answer teach sound scriptural doctrine to make disciples Workout, 2003-03 One mind boggling Bible trivia question after another will twist stretch and push your brain to its limits Here are 1 001 biblically based questions and answers placed in order of difficulty to challenge every rader from the novice to the Bible trivia pro Expect each question to engage your mind and spark your curiosity From food to flocks and peacocks to postmen your knowledge will be put to the ultimate test And you ll be sure to discover some interesting facts about God s **Subject Guide to Books in Print** ,1991 Pastoral Leadership is... Dave Earley, 2012-08-01 Pastoral Word Leadership Is presents in dozens of brief yet powerful chapters a practical Bible based and highly readable guide to leading the local church This guidebook to the great adventure of being a pastor follows the directions God gave Moses in order to effectively shepherd Israel Pray Teach and Preach Lead and Multiply Believing the western world has traded the biblical model of pastoral leadership in favor of a traditional one author Dave Earley writes to encourage pastors to become the spiritual warriors missional leaders and multiplying mentors God calls them to be Each compelling entry is set up to finish the sentence that begins with the book s title For example Pastoral Leadership Is Abandoning Your Life to the Call of God Following Paul's Example in Praying for Your Flock Cooperating with the Holy Spirit Leading a Church Full of Leaders Resolving Conflict and more Expecting a revolution Earley says Instead of letting traditional church culture tell you who a pastor is and what he is to do let God tell you through the Bible

Fitness Leaders Exercise Bible Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Fitness Leaders Exercise Bible**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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