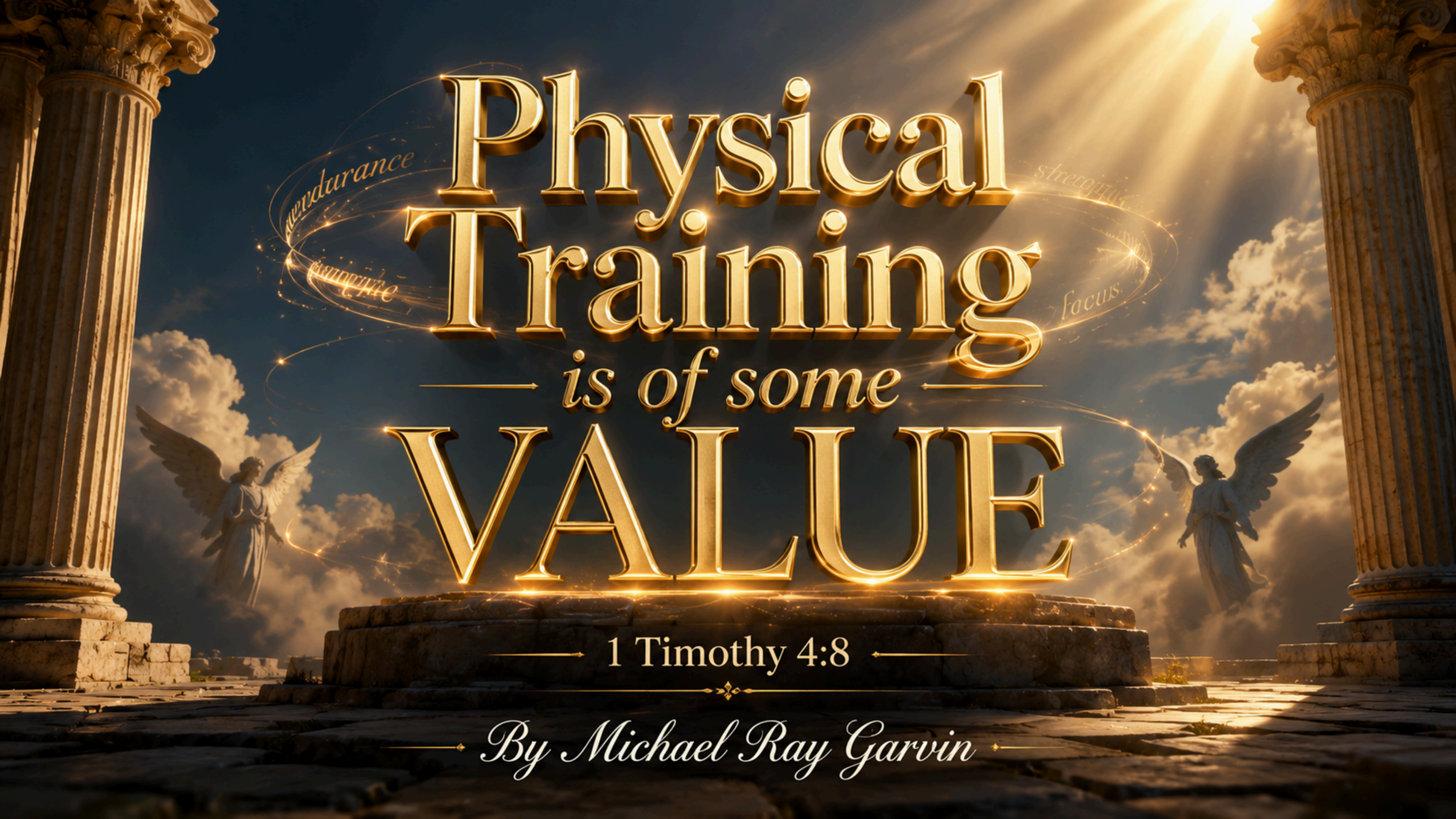




endurance
discipline
strength
focus

Physical Training — is of some — VALUE

— 1 Timothy 4:8 —

— By Michael Ray Garvin —

PHYSICAL HEALTH BENEFITS



REDUCED RISK OF CHRONIC DISEASES:

Exercise helps prevent heart disease, stroke, type 2 diabetes, and some types of cancer.



IMPROVED WEIGHT MANAGEMENT:

Regular exercise burns calories and helps maintain a healthy weight.



STRONGER BONES AND MUSCLES:

Exercise strengthens bones and muscles, reducing the risk of fractures and osteoporosis.



IMPROVED CARDIOVASCULAR HEALTH:

Exercise lowers blood pressure, cholesterol levels, and improves heart function.



REDUCED RISK OF FALLS:

Exercise improves balance and coordination, reducing the risk of falls in older adults.



REFERENCE: <https://www.health.harvard.edu/topics/exercise-and-fitness>



MENTAL HEALTH BENEFITS

EXERCISE DOES MORE THAN BUILD A STRONG BODY—
IT BUILDS A **STRONG MIND**.



IMPROVED MOOD:

Exercise releases endorphins, which have mood-boosting effects.



REDUCED STRESS AND ANXIETY:

Physical activity helps manage stress and reduce anxiety levels.



IMPROVED SLEEP QUALITY:

Exercise promotes better sleep by tiring the body and regulating sleep patterns.

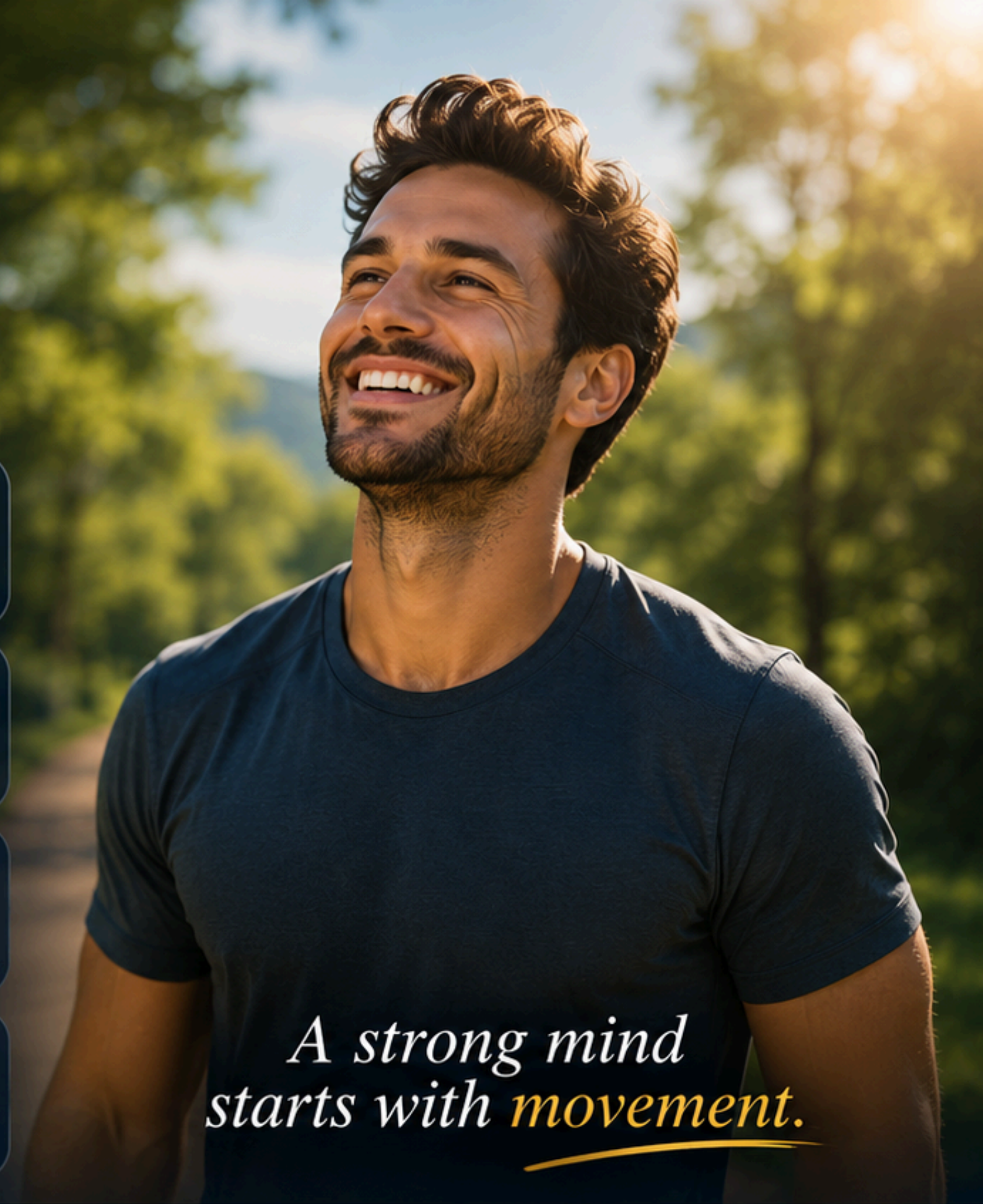


ENHANCED COGNITIVE FUNCTION:

Exercise improves memory, attention, and overall brain health.

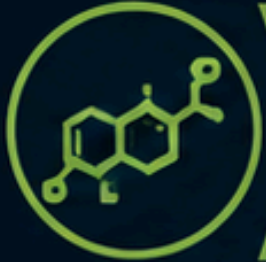


REFERENCES: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
<https://www.health.harvard.edu/mind-and-mood/exercise-can-boost-your-memory-and-thinking-skills>



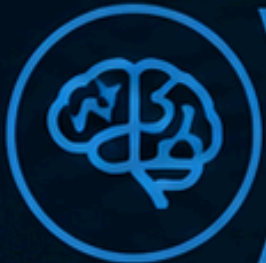
*A strong mind
starts with **movement**.*

HOW PHYSICAL TRAINING BUILDS STRESS RESILIENCE



HORMONAL REGULATION:

Exercise helps lower levels of stress hormones like cortisol and adrenaline, while simultaneously stimulating the release of endorphins, which are the body's natural mood elevators.



IMPROVED BRAIN FUNCTION:

Regular physical activity can change how your brain responds to stress, improve mood, and boost activity in brain areas related to emotion and motivation.



MENTAL AND EMOTIONAL BENEFITS:

Exercise serves as a healthy distraction from worries and helps improve your mood, self-esteem, and confidence through achieving fitness goals.



BEHAVIORAL SKILLS:

The act of pushing through a tough workout builds mental toughness. You learn to handle discomfort, maintain focus while fatigued, and persevere through challenges—skills that are directly applicable to other stressors.



MINDFULNESS AND FOCUS:

Focusing on your body and the physical sensations during exercise can interrupt negative thought patterns and help you feel more present.



STRONG BODY. STRONG MIND. STRONGER YOU.
Make exercise a priority. Build resilience for life.



REFERENCE: <https://www.apa.org/topics/exercise-fitness/stress>
(American Psychological Association)

THE POWER OF EXERCISE: BENEFITS THAT LAST A LIFETIME



INCREASED ENERGY LEVELS:

Exercise improves stamina and endurance, helping you feel more energized every day.



IMPROVED IMMUNE SYSTEM:

Regular exercise can strengthen the immune system and help your body fight off illness.



ENHANCED SELF-ESTEEM:

Exercise can boost confidence and improve body image.



PROLONGED LIFESPAN:

Studies show that regular exercise can extend life expectancy and improve quality of life.



REFERENCES:

- <https://www.health.harvard.edu/blog/can-exercise-extend-your-life-2019031316207>
- <https://www.health.com/fitness/does-exercise-boost-immunity>
- <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389#:~:text=Regular%20physical%20activity%20can%20improve,energy%20to%20tackle%20daily%20chores.>



¹⁹ Or **do you not know** that **your body is a temple of the Holy Spirit** within you, which you have from God, and that you are not your own?

²⁰ For you were bought with a price; **therefore glorify God in your body.**

1 CORINTHIANS 6:19-20 NRSV



If someone said,
“I will pay you **\$1 Billion Dollars**
to take better care of your body
by **exercising** and **eating healthier**,”
would you do it?

OR



Now, would you **exercise** and
eat healthier without being
paid \$1 Billion Dollars because
you **VALUE** the Word of God
and **VALUE** taking good care
of the Body (Temple) God
has given you?

Honor God
in Your Body

LIVE ON PURPOSE.



YOUR BODY IS A TEMPLE. VALUE IT. HONOR GOD WITH IT. GLORIFY HIM.



EATING LEVELS



LIVE TO EAT

This is eating whatever tastes good with little to no concern for energy levels.
Eating for pleasure.



EAT TO LIVE

This is eating to be healthy with a concern for energy levels. *Eating to be healthy.*



EAT TO SERVE

This is eating to have **more energy to serve others**. The highest form of eating.



³⁵ He sat down, called the twelve, and said to them, “Whoever wants to be first **must be last of all**” and “**servant of all.**”

Mark 9:35



YOUR CHOICES TODAY
DETERMINE YOUR
ENERGY TOMORROW.



FUEL YOUR BODY.
SUSTAIN YOUR ENERGY.
AVOID WHAT DRAINS YOU.



DISCIPLINE IN WHAT YOU
EAT LEADS TO **STRENGTH**
IN WHAT YOU DO.



EAT WELL.
LIVE STRONG.
SERVE OTHERS.

Alesha's Blog

Excerpts from
*"The Agreement of
Spiritual & Physical Success"*

“ My husband would frustrate me so much regarding my health and exercise regime (or lack thereof). I have a close relationship with God, excited about my work for the Kingdom, I'm an active member of my church, and I love God with all of my heart... good health is a guarantee, right? I'm young and at a healthy weight, so I felt no need to take supplements, eat extremely healthy, or exercise.

Then the Holy Ghost hit me with it one morning:

“ Just because you're at a healthy weight, doesn't mean you're healthy. You're a good daughter,” He said, “but **you still have to do your part.** ”



Your body is a temple of the Holy Spirit.

Glorify God in your body.



Alesha's Blog

Excerpts from
*"The Agreement of
Spiritual & Physical
Success"*

“ It was like my eyes were opened. I saw things I didn't see before. While my husband was walking around muscular and fit, I was eating a pint of ice cream. I started to get a good look at my energy and stress levels. Having two children with special needs plus a young toddler requires extra energy and can be stressful on top of other things. If stress shuts down the anointing, then I had to figure out a way to eliminate that stress and increase my energy levels. I thought about my children and how they needed their mother. But what good would I be if I dropped dead due to something like high cholesterol. Cholesterol ...the silent killer..... my dad had high cholesterol and I take after him. I began to think about how I'm just now walking in boldness in the gifts and talents God gave me.

What good are they if I'm not here to fulfill my duty for the Kingdom simply because I didn't take care of the body God gave me? See, it's not about vanity or fear; it's about glorifying God by taking care of what is His. My body is no longer my own, nor is my life; but it is His. It is that day, at the end of that thought process, that I realized I have some work to do. As Christians, we want to believe God for healing, but slack when it comes to maintaining a healthy lifestyle.



YOUR BODY IS A TEMPLE. VALUE IT. HONOR GOD WITH IT. GLORIFY HIM.



Alesha's Blog

Excerpts from
*"The Agreement of
Spiritual & Physical
Success"*

“ I purposed in my heart that I would glorify God in my body. That I would make my husband happy by taking better care of myself. God spoke to me on this matter because my husband was concerned for me. I was in rebellion and he couldn't get through to me; but he left it to the Holy Ghost knowing and trusting that He would have a talk with me. He did. And I obeyed.

I exercise five days a week. I have changed my eating habits; well, that part is still a work in progress actually. But I have made significant changes. I noticed my stress levels were going down and my energy levels were going up after the first week of exercise.



YOUR BODY IS A TEMPLE. VALUE IT. HONOR GOD WITH IT. GLORIFY HIM.

Alesha's Blog

Excerpts from
*"The Agreement of
Spiritual & Physical
Success"*

“ Yes, God wants us to be healthy and glorify Him physically, but our first priority is God and our time with Him. We can't become lop-sided; but train ourselves to be balanced in glorifying God whole-heartedly and in every way. Besides, we wouldn't wake up at all to exercise if it wasn't for Him providing the very breath in our bodies that keeps us.

I am grateful for the outlet the gym gives me, and the feeling of being physically fit. But God satisfies me completely and it is because of Him, that my stress is low and my health is good. I'm just simply doing my part and showing Him that I care, too, and I will do my part in everything. After all, Jesus did not say, "I sent the Holy Ghost down to do all the work for you, Eat, be merry, and die is all you have to do." No, the Holy Ghost is a helper which means we have to do some things in the natural as well.





MYOKINES: THE HOPE MOLECULES

MOVEMENT CREATES CHEMISTRY THAT HEALS. **EXERCISE** RELEASES MYOKINES THAT IMPROVE BODY AND MIND.

A NATURAL ANTIDEPRESSANT

Myokines produced during exercise support brain health, reduce inflammation, balance mood and build resilience—naturally.



1. RELEASED BY MOVEMENT

When you exercise or strength train, your muscles contract and release **myokines**—signaling proteins and peptides with powerful effects throughout the body.

COMMON MYOKINES INCLUDE:

- Irisin
- BDNF
- IL-6 (in its beneficial form)
- Cathepsin B
- SPARC
- Follistatin
- Myonectin
- and many more...



These are known as **"HOPE MOLECULES"** because they create positive adaptations and resilience.

2. TRAVEL TO WHERE THEY ARE NEEDED

Myokines enter the bloodstream and travel to organs—including the brain—where they bind to receptors and influence cells.



3. HOW MYOKINES WORK AS ANTIDEPRESSANTS

In the brain, myokines trigger multiple pathways that improve mood, reduce stress and protect against depression.



INCREASE BDNF

Boosts Brain-Derived Neurotrophic Factor, which supports neuron growth, synaptic plasticity and learning.



REDUCE INFLAMMATION

Lower pro-inflammatory cytokines that contribute to depression and mental fatigue.



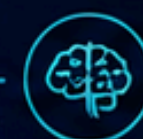
IMPROVE MITOCHONDRIAL FUNCTION

Enhances cellular energy production in the brain, reducing fatigue and improving resilience.



BOOST NEUROTRANSMITTERS

Supports the production and balance of serotonin, dopamine, and norepinephrine—key chemicals that regulate mood, motivation and pleasure.



LOWER STRESS SIGNALING

Reduces activity in the HPA axis and lowers cortisol levels, relieving stress and anxiety.



PROTECT BRAIN CELLS

Shields neurons from oxidative stress and damage, supporting long-term brain health.



PROMOTE ANGIOGENESIS

Encourages the growth of new blood vessels in the brain, improving oxygen and nutrient delivery.



THE RESULT: IMPROVED MOOD, LOWER ANXIETY, BETTER STRESS RESILIENCE AND A REDUCED RISK OF DEPRESSION.

4. THE BENEFITS OF MYOKINES



IMPROVED MOOD

Naturally elevates mood and promotes feelings of well-being.



REDUCED SYMPTOMS OF DEPRESSION

Regular exercise can be as effective as medication for mild to moderate depression.



LOWER ANXIETY & STRESS

Reduces stress hormones and promotes calm and balance.



BETTER COGNITIVE FUNCTION

Enhances memory, focus and mental clarity.



LONG-TERM BRAIN HEALTH

Protects against neurodegenerative diseases and supports healthy aging.



STRONGER BODY, STRONGER MIND

A powerful reminder that physical strength fuels mental strength.



MOVEMENT IS MEDICINE

Your muscles are not just for movement—they are endocrine organs that release molecules which heal, protect and uplift.

MOVE FOR TODAY. ♥ HOPE FOR TOMORROW.

EVERY WORKOUT RELEASES HOPE. **YOUR BODY HAS THE POWER TO HEAL YOUR MIND.**

This information is educational and not intended as medical advice. Consult a healthcare professional for personalized guidance.



CONSISTENCY MATTERS

Aim for regular exercise—especially strength training and cardio—to keep your myokine levels and mood high.

NEGLECTING THE TEMPLE

- ✗ POOR NUTRITION
- ✗ NO SUPPLEMENTS
- ✗ NO EXERCISE
- ✗ POOR SLEEP
- ✗ STRESS
- ✗ NO DISCIPLINE

YOUR BODY IS THE TEMPLE OF THE HOLY SPIRIT

1 CORINTHIANS 6:19-20

HONORING THE TEMPLE

- ✓ EATING NUTRIENT
DENSE FOODS
- ✓ TAKING SUPPLEMENTS
- ✓ EXERCISING
REGULARLY
- ✓ GOOD SLEEP
- ✓ MANAGING STRESS
- ✓ SELF DISCIPLINE

PROVERBS 18:9

9 He who is loose and slack in his work is brother to him who is a destroyer
and he who does not use his endeavors to heal himself is brother to him who commits suicide.

NEGLECTING THE TEMPLE

- ✗ POOR NUTRITION
- ✗ NO SUPPLEMENTS
- ✗ NO EXERCISE
- ✗ POOR SLEEP
- ✗ STRESS
- ✗ NO DISCIPLINE

YOUR BODY IS THE TEMPLE OF THE *Holy Spirit*

HONORING THE TEMPLE

- ✓ EATING NUTRITION
DENSE FOODS
- ✓ TAKING SUPPLEMENTS
- ✓ EXERCISING
REGULARLY
- ✓ GOOD SLEEP
- ✓ MANAGING STRESS
- ✓ SELF DISCIPLINE



JAMES 4:17

“So any person who knows what is right to do
but does not do it, to him *it is sin.*”

NEGLECTING THE TEMPLE

- ✗ POOR NUTRITION
- ✗ NO SUPPLEMENTS
- ✗ NO EXERCISE
- ✗ POOR SLEEP
- ✗ STRESS
- ✗ NO DISCIPLINE

YOUR BODY IS THE TEMPLE OF THE HOLY SPIRIT

1 CORINTHIANS 6:19-20

HONORING THE TEMPLE

- ✓ EATING NUTRITION
DENSE FOODS
- ✓ TAKING SUPPLEMENTS
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REGULARLY
- ✓ GOOD SLEEP
- ✓ MANAGING STRESS
- ✓ SELF DISCIPLINE



PROVERBS 18:9

9 He who is loose and slack in his work is brother to him who is a destroyer
and he who does not use his endeavors to heal himself is brother to him who commits suicide.

PEOPLE WHO RAN IN THE BIBLE (PART 1)

#	PERSON	SCRIPTURE	WHY THEY RAN	ESTIMATED AGE RANGE
1	 Abraham	Genesis 18:2, 18:7	Ran to greet the three visitors and ran to prepare a calf	99 years old
2	 Rebekah	Genesis 24:17-20, 24:28	Ran after meeting Abraham's servant and to tell her family	Teenager – early 20s
3	 Jacob	Genesis 29:12-13	Ran to tell Rachel's family who he was	70–80
4	 Esau	Genesis 33:4	Ran to meet Jacob and embraced him	90–100
5	 Joseph	Genesis 43:30	Ran away to weep privately after seeing Benjamin	Late 30s
6	 Moses	Exodus 34:8	Hurried and bowed to worship God	80+
7	 Asahel (Son of Zeruiah)	2 Samuel 2:18-23	Known for running swiftly; chased Abner	20–35
8	 Ahimaaz (Son of Zadok)	2 Samuel 18:19-29	Ran to bring news to King David	20–40
9	 Cushi (Messenger)	2 Samuel 18:21-32	Ran with news of Absalom's death	Adult



MANY BIBLICAL FIGURES REMAINED ACTIVE WELL INTO OLD AGE.

PEOPLE WHO RAN IN THE BIBLE (PART 2)

#	PERSON	SCRIPTURE	WHY THEY RAN	ESTIMATED AGE RANGE
10	 Elijah	1 Kings 18:46	Ran before Ahab's chariot to Jezreel	40–70
11	 The Shunammite Woman (Woman of Shunem)	2 Kings 4:22–26	Hurried to find Elisha after her son's death	Adult
12	 Mary Magdalene	John 20:2	Ran from the tomb to tell the disciples	20–50
13	 Simon Peter	John 20:3–6	Ran to the empty tomb	30–60
14	 John the Apostle (Disciple whom Jesus loved)	John 20:4	Outran Peter to the tomb	Late teens – 30s
15	 The Demoniac of Gadara	Mark 5:6	Ran to Jesus	Adult
16	 The Rich Young Ruler	Mark 10:17	Ran to Jesus and knelt before Him	Young Adult
17	 Philip the Evangelist	Acts 8:30	Ran to the Ethiopian eunuch's chariot	20–50



FROM TEENAGERS TO ELDERS, THE BIBLE SHOWS PEOPLE OF ALL AGES
RUNNING WITH PURPOSE, FAITH, AND DETERMINATION.



WHAT CAN WE LEARN?



ABRAHAM RAN
AT 99 YEARS OLD.
(Genesis 18:2)



MOSES REMAINED
ACTIVE AFTER AGE 80.
(Exodus 34:8)



ELIJAH OUTRAN
A CHARIOT.
(1 Kings 18:46)



THE APOSTLES RAN
TO THE EMPTY TOMB.
(John 20:3-4)



SCRIPTURE OFTEN
ASSOCIATES DILIGENCE
WITH GODLINESS.
(Proverbs 13:4)

GOD EXPECTS HIS PEOPLE TO BE ACTIVE STEWARDS OF THEIR BODIES



JAMES 4:17

“So any person who
knows what is right
to do but does not do it,
to him it is sin.”



YOUR BODY IS THE **TEMPLE** OF THE HOLY SPIRIT.
HONOR GOD WITH YOUR HEALTH, STRENGTH, AND STEWARDSHIP.



WORKOUT & REST

DISCIPLINE TODAY. STRENGTH TOMORROW. **GLORY TO GOD** ALWAYS.

 MON	 30 MIN	OR	 40 MIN	Upper Body Workout with Cardio	REST  2 HOURS
 TUE	ACTIVE RECOVERY / LIGHT ACTIVITY				
 WED	 30 MIN	OR	 40 MIN	Lower Body Workout with Cardio	REST  2 HOURS
 THU	ACTIVE RECOVERY / LIGHT ACTIVITY				
 FRI	ACTIVE RECOVERY / LIGHT ACTIVITY				
 SAT	At least two days out of the week weight lifting with cardio and rest. 30–40 minutes within the two hours for breakfast or lunch.				



 OUR BODIES ARE TEMPLES OF THE HOLY **SPIRIT**. HONOR HIM THROUGH MOVEMENT, **REST**, AND **OBEDIENCE**.
1 CORINTHIANS 6:19-20

Yes, top companies like **Google, Ben & Jerry's, and Cisco** have sleeping pods or nap rooms for employees to improve well-being and productivity. Other companies that have incorporated similar perks include **Zappos, Nike, PricewaterhouseCoopers, and White & Case**. These features are seen as part of a strategy to support employee happiness and can lead to increased focus and performance.



1 **Google:** Uses MetroNaps EnergyPods, which are futuristic sleeping pods with features like zero-gravity napping, sleep music, and vibrations.



2 **Ben & Jerry's:** Was an early adopter and has had a nap room for over a decade as part of a strategy to show employees they are appreciated and to build productivity.



3 **Cisco:** Also embraces napping as an on-the-job perk.



4 **Zappos:** Has special nap rooms to support employee happiness and wellness, viewing them as a natural amenity similar to health insurance.



5 **PricewaterhouseCoopers:** Eased into nap-friendly policies by first offering flexible working hours.



6 **White & Case:** A law firm that found its employees use the MetroNaps pods frequently, stating that happy employees are better employees.



7 **Nike:** Provides nap and meditation rooms at its headquarters.



8 **Noble Systems:** Equips its break rooms with a sleeping pod to support employee well-being.

IMPORTANCE OF REST



Naps are good and useful to every living creature. Rest helps the body and mind recover so it can perform better. A lack of rest can hinder performance. Jesus values naps and rest. (Mark 6:31)

The TOP companies value rest as they want more productive employees. The church should value rest as we want more effective ministers.



IMPROVES
FOCUS



RESTORES
ENERGY



SUPPORTS
WELL-BEING



BOOSTS
PRODUCTIVITY



"Come to me, all you who are weary and burdened, and I will give you rest."

MATTHEW 11:28

GYM EVANGELISM



— FAITH IN ACTION. CONVERSATIONS THAT MATTER. —



Another benefit of pastors and ministers exercising at the gym is the opportunity to **spark up conversations** and **invite new people** to church. As an evangelist I always try to make sure I have ministry cards in my pocket to share with someone. The gym is a great place to spark up conversation, **pray for someone**, and **invite them to church**. This does not have to happen every time we go to the gym but whenever the Holy Spirit leads.



Working out can also be a time of **prayer** and **hearing from the Lord**. I have heard from the Lord many times while exercising at the gym. Exercise and prayer helps me to **clear my mind** and hear clearly what the Lord is saying.



**START A
CONVERSATION**

Be approachable.
Be intentional.



**PRAY FOR
SOMEONE**

Show God's love
in action.



**SHARE THE
GOSPEL**

Carry ministry
cards.



**INVITE TO
CHURCH**

Extend the invitation.
Plant the seed.



*"Come, follow me," Jesus said,
"and I will send you out
to fish for people."*

MATTHEW 4:19





PLAYMAKERS IN THE FAITH

BODY. SPIRIT. PURPOSE.

WE ARE TEMPLE. WE ARE ENTRUSTED.

“...From everyone to whom much has been given,
much will be required, and from the
one to whom much has been entrusted,
even more will be demanded.”

LUKE 12:48 NRSV



AS SERVANTS OF THE LORD JESUS CHRIST
a lot has been given to us. We have been entrusted with
the Word of God and the Holy Spirit. The Lord has given
us His Spirit and He expects a return (fruit).



WE DO NOT WANT TO HINDER
the fruits of the Holy Spirit by not taking care of the
TEMPLE the Holy Spirit dwells in.



WE USE OUR BODY
to minister and serve.



LET'S BE FAITHFUL
spiritually and physically.



YOUR WORKOUT IS MORE THAN EXERCISE. IT'S STEWARDSHIP. HONOR GOD IN YOUR BODY, MIND, AND MINISTRY.

1 CORINTHIANS 6:19-20