

Crossfit Rabbi Has Important Question for Clergy: Are You Neglecting God's Work?

Snatch. Dead lift. AMRAP. Burpee.

No, we're not speaking in tongues—we're talking about Rabbi Moshe Gray, who enters Beast mode more often than you might pray.

Still not following? No worries. Gray is a crossfit Rabbi, that is, he's a member of the clergy encouraging other pastors and ministers to worship God with their bodies.

"What people don't quite realize right away is that Judaism and the Torah put a strong emphasis on taking care of your body and taking care of the gifts God gave us in this world," Gray says. "As clergy, it's important for us to lead by example."

[Click here to watch the video to see what that example looks like.](#)