

Kenny Luck: Get Fit for Christ's Sake

Pssst! (Leaning in.) To be a man other men want to follow, you have to look like someone they want to follow.

Form follows function. Men are visual creatures. We notice form, both in men and women. And whether you like it or not, men make judgments about people based on their appearance.

I'm going to break this down for you and shoot straight, because our message of hope and love is going to be received much better if we look like we are taking care of the body God gave us. It's human nature to be attracted to physical health.

In 2 Corinthians 5:20, the Bible says, "We are therefore Christ's ambassadors, as though God were making his appeal through us." In other words, you represent me, and we need to consider getting fit for Christ's sake. It's a touchy subject, so let me tell you what I mean.

Notice we are "ambassadors" of God. We are spokespeople of His truth. If we speak of obedience but can't keep our diet and exercise consistent, how will others accept our message of discipline and working with the Holy Spirit to produce the fruit of self control?

God tells us to treat our bodies as "temples." First Corinthians 6:19-20 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

How do you treat a temple? With reverence, keeping it clean and holy. Of course, this passage is also speaking of spiritual health, but I believe our physical health is also a key to helping our message being received. I know this for

fact with men.

Until only recently, when Mexico surpassed us, the U.S. was the fattest country in the world. Our society has gotten more flab than fit. But I've always told new pastors that to be a leader, you have to look the part.

Here's the Kenny Luck prescription to physical health:

1. Start eating more vegetables. Stop eating junk. Vegetables are nutritious and delicious (no smirking). Seriously, you should try them sometime. Instead of listing all the food you should not eat, just do what Daniel and his three amigos did in the first chapter of Daniel, and eat vegetables. We also need protein for good health, so select lean protein sources like eggs, chicken and fish, and eat 4-6 ounces per meal.

2. Start exercising regularly. Stop wasting time. Just put the remote control down and get on the floor and do some pushups, sit-ups and deep-knee squats. Go for a walk. Mix in some intervals of high-rate or fast-paced jogging or running. Don't be afraid to lift weights. Strength training will build muscle and help your form fill out nicely.

It's easy, really. Eat right. Move often. I've learned that physical—and spiritual—health is more of a marathon than a sprint. Take it day by day, and keep running the race.

As it says in Hebrews 12:1, "So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall."

Kenny Luck, founder of Every Man Ministries and the men's pastor at Saddleback Church, provides biblically oriented teaching and leadership for men and pastors seeking relevant, timely material that battle cultural, worldly concepts threatening men and God's men. Follow Kenny and Every Man Ministries now on Facebook, Twitter (@everyMM) and YouTube.

For the original article, visit everymanministries.com.