

## Spiritual Isometrics

**i·so·met·rics** (ī'sə-mět'rīks)

noun : *(used with a singular or plural verb)*

Exercise or a system of exercises in which isometric muscular contraction is used to strengthen and tone muscles, performed by the exertion of effort against resistance, usually of a stationary object.

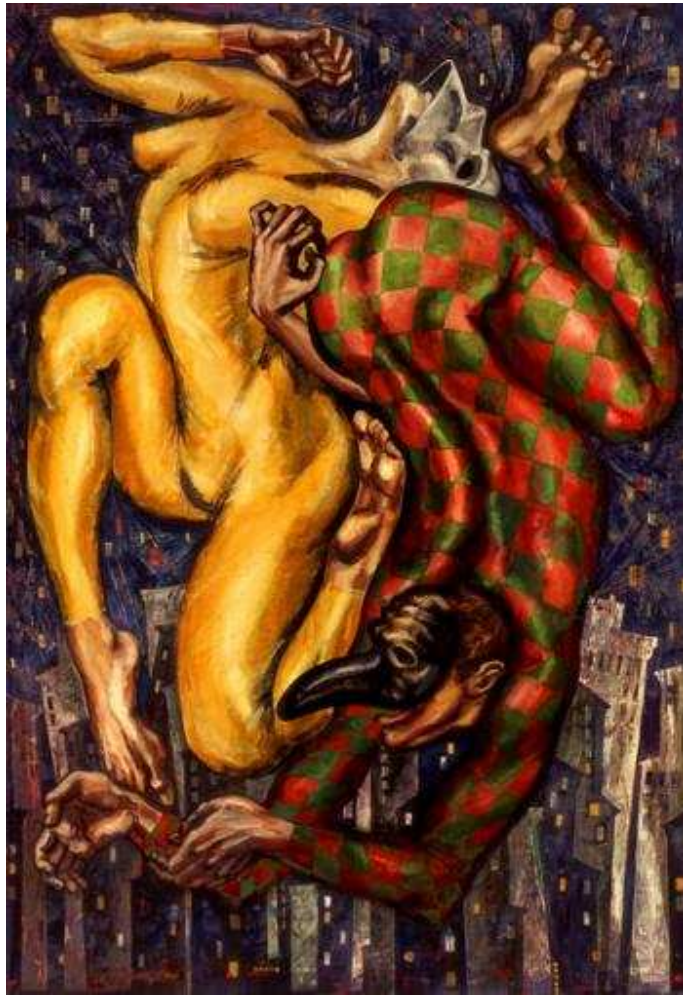


## spir·it·u·al

Show Spelled Pronunciation [spir-i-choo-uh l]

adjective :

- 1 . of, pertaining to, or consisting of spirit; incorporeal.
2. of or pertaining to the spirit or soul, as distinguished from the physical nature: a spiritual approach to life.
3. closely akin in interests, attitude, outlook, etc.: the professor's spiritual heir in linguistics.
4. of or pertaining to spirits or to spiritualists; supernatural or spiritualistic.
5. characterized by or suggesting predominance of the spirit; ethereal or delicately refined: She is more of a spiritual type than her rowdy brother.
6. of or pertaining to the spirit as the seat of the moral or religious nature.
7. of or pertaining to sacred things or matters; religious; devotional; sacred.
8. of or belonging to the church; ecclesiastical: lords spiritual and temporal
9. of or relating to the mind or intellect.
10. a spiritual or religious song: authentic folk spirituals.
11. spirituals, affairs of the church.
12. a spiritual thing or matter.



Now that we have that out of the way and we are all on the same page . . . you might ask me what am i leading to. Well, i was conversing with a friend, and they were encouraging me by advising to hold on. I as we all do have Life Challenges . . . some are small, and some are large, but never the less they are Challenges. No One's challenges are really more important than another's. The things that annoy us, or attempt to break us are a significant aspect to our growth. It is said that God will not put any more on you than you can handle. It is also said that if God brings you to it, He will take you through it. I am not here today to speak of the things of Faith, for we all must bear that Cross ourselves. It is worth examining though.



At any rate what i would like to share with you this day is the aspect of Growth by way of “Spiritual Isometrics”. Many of us had to participate in various exercise programs as given to us via the Education Process . . . one of these regiments was Isometrics. Isometrics as defined above is a simple exercise where you exert energy against an unmovable object. In thus doing so you increase your Muscle capacities. My analogy took me to examine my relationship with the “ALL BEING” Powers of Life ! In searching my Mind and Heart for the “Unmovable”, i kept coming back to my Creator, My Father. Now some may disagree with me and that is OK, for i condemn not . . . this is just a voice that i must express. You see, to me when Paul said in Hebrews “the evidence of things not seen” i came to the realization that there was always someone or something listening. If i did not think so, then why do i Pray? Paul also goes on to say that you must “1<sup>st</sup> believe that He IS”. I know, i am getting off the subject of Spiritual Isometrics, however i felt the need to “Pre Qualify” what it is i am about to say.



When we examine Psalm 23, a most popular passage among all 3 Abrahamic Religions, in verses 4 & 5 it speaks to “Walking through the Valley . . .” We all have Valleys . . . i attribute a Valley to a Low Point in my life. The Mountain is in front of me and all around me and it seems insurmountable. This then becomes my trying of my faith, my Spirit . . . my “Spiritual Isometrics”! My struggle at that time is more within myself than with out. We all have been in Valleys, and some how we made it through. I through my life to some extent Welcome the Valleys. Why you might ask . . . because i know when i am in a Valley, i am about to learn how to climb yet another Mountain. Isn’t that a Blessing ? And because i have been through so many Valleys in my past, I GOT SKILLZ...! I look forward to the challenge. That is not to say i do not experience some Woe and Despair along the way . . . we all do. But today i am here to tell you that all is well . . . BE Encouraged ! For NO Mountain is Insurmountable. As we say in all Doctrines . . . With God . . .”ALL THINGS ARE POSSIBLE. If you are old enough you can remember the song by Marvin Gaye and Tammi Terrel about the Mountain not being High Enough, or the Valley Low enough ?



**The Smooth Side of the Mountain is the hardest to climb !**

Oh, by the way, Mountains can be Moved also . . . there is one who is bigger than all Mountains. We too have the ability to do so with our “Seed of Faith” . . . but as i said perhaps another time we will discuss that particular aspect that so dramatically affect our psyche and thus our lives.

**Cogito Ergo Sum ~ René Descartes**



**Tip for us all :**

Some times when in Life there is a mountain being moved, it seems like the small Rocks of adversity wish to gather under your feet . . . my insight led me to this . . . Collect each one and use them to build your Castle at the Mountain Top !

If you get stuck, call on that immovable Object . . . cause there ain't no Mountain High enough or Valley Low enough or River Wide enough . . .

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