

MOVE

WITH

THE SPIRIT

CREATIVE WAYS TO INCLUDE WORSHIP WITH YOUR WORKOUT

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Pray before you begin your workout. Ask that it be safe and enjoyable.

Hold your body in the plank position while reciting a verse of scripture. As you improve, extend it in 15 second increments by adding verses.

Join or start a bible study fitness group. After the bible study portion devote 30 minutes to exercising as a group.

Give thanks when you complete your workout. Pray for maximum recovery and physical gains.



Dance to your favorite worship song like only God is watching.

Interpret your favorite bible story or verse using movement. What is it saying to your spirit? Personalize it.

Hike up a mountain or trail. Reward yourself with a time of meditation when you reach your destination or the halfway point.

Create your worship music playlist. Listen to it when you walk, jog, run, bike, and hike.