



The Fitness Devotional: Volume 1

Bruce K Coleman

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The body cannot be separated from the spirit in this life. Just as our Lord Jesus had need of the donkey's colt when He rode into Jerusalem (see Luke 19:31), so you too need your body in this life. If your body could speak like the donkey in Numbers 22:28, what would it say to you? Fitness should not be about glorifying the flesh. As disciples we are called to work for a spiritual harvest. You will find it increasingly more difficult to work for the harvest when you get out of breath just climbing the stairs. Get inspired to improve the stewardship of your body and deepen your faith at the same time with this book.

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