

express

worship

Why a biblical alternative?

Realize the personal presence of Jesus from the moment you begin to move. Let **Him** transform you through internalizing His word kinesthetically—custom movements that express the Word of God.

Know that your gift of worship is perfect to God as you give Him your all—in spirit, mind and body. “Praise moves God...deeply. So keep praising the Lord!”

Know Him more by learning what He desires most and looking for ways to bless Him with your best.

What can you do?

Exercise to a DVD in the quiet of your home, as a devotion time with the Lord.

Invite your friends from church to a night of worship through exercise.

Include an exercise session as a part of your church conference or retreat schedule. You should have a trained instructor for this.

Pray that God would raise up a number of trained instructors locally.

Find a stretch routine or alternative to yoga that works for you.

For more information about why yoga is more than just exercise, or if you want to buy DVDs or obtain more related resources and testimonies, start here:

praisemoves.com
christianfitnesskit.com
wholyfit.com
wholyfit.info

“Praise moves God ...deeply.”

“Here’s exercise we can do which is good for the **‘temple of the Holy Spirit’ (our body)**, which also renews our mind on the Word of God, refreshes us spiritually, and moves us to **praise our Beloved Lord!**”

By Laurette Willis, PraiseMoves

praisemoves.com

action

