



# WHAT IS ROOTED FAITH FITNESS?

**Rooted is based on Ephesians 3:17-19**

And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

ROOTED is about having the power that God gave is holy people to discover the love of God that is not work based, or behavior driven but love without conditions expressed in the fullness of who we are when we are fully alive in Him.

This is how we transform our lives through movement that puts the Bible into perspective. We are not supposed to just read the Bible, but feel it, learn it, understand it and know it intuitively in spirit and in truth. Romans 15:5 says, for whatever was written in the former days was written for our instruction, that through endurance and encouragement of the Scriptures. We might have hope. This is how we apply the Scriptures to have hope to learn into have takeaways to apply to our life to contemplate and to connect our life to the word.

We use movement to connect the message of Jesus Christ into our hearts minds and body . The physical postures are the representations of what we are processing emotionally mentally and spiritually. The breath, our being, and the pose interweave to be a reflection of the representation of opening of our hearts, mind and body to the alignment of God's holy word, will and way of wellness.

# MEANING OF YOGA

## **Yoga means Yoked to:**

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Matthew 11:29 NIV

As Christians we can just the same take upon the yoke of God. As in anything and everything there is always the redeemed and unredeemed possibilities for what we unite with.

## **Yoga is movement not a religion.**

The postures predate Hinduism Hindus adopted them as a form of movement to heal the mind and body, because it integrates a holistic practice for wellness.

You can use that argument and any parallel relationships such as even the perversion of sex that God created to start with, but mankind manipulated to serve the little g god of lust and has perverted it to other forms and practices, including pornography, etc.

## **Can Christians do Yoga?**

I agree that Christians should be discerning and wise among every thing that they choose and open themselves up to, including every form of relationship with food, friends and family members, places of worship, use of time, treasures and talents. Likewise, the precautionary advise to do not do yoga is valid in the sense of walking into a yoga studio that practices yoga that includes chanting, and mantras or any association with spiritual world that you do not align with. This discernment should be practiced in everything we do. With movement that has been redeemed and used as a tool for worship centered movement with the application of God word is exactly what and how God wants us to redeem what enemy tries to take from us and use it for His glory and our divine healing on all levels.

## **Yoga is a false religion.**

Judgment that is rooted in a religious condemning spirit that keeps God from healing on the sabbath is the same spirit that keeps spirit filled Christian's from using the movements familiar to the postures of yoga from the healing benefits they not only physiologically provide but mentally and spiritually as we soak in the presence of the Lord while meditating on God's word and contemplating it's connection to our daily lives!

## **Simple Facts:**

Yoga predates Hinduism, today it is a part of their religion but their religion is not based on it. Yoga has influenced many cultures and religions because of its ability to integrate movement, mind and spirit.

Hinduism formed 3-4,000 years ago from Asia to India, no actual founder or faith.

Yoga texts of postures found 500-1000 years before Hinduism.

Stone seals found in Pakistan over 5,000 years ago containing yoga postures.

Yoga was for the purpose of uniting individual consciousness with a higher consciousness.