



Exercising to His Word

Sketch

[A sketch using portions of God's Word to provide an exercise routine. One person is designated as the exercise leader. She may be dressed in the appropriate exercise attire. The leader enters the room excited about the workout and begins to direct the women.]

Leader: It's time to begin! Are you ready? Sit up straight. Feet flat on the floor. Relax your shoulders and begin to turn your head slowly to the right. Now to the left. Wiggle your fingers. Wiggle your toes. Excellent! Now that you are warmed up, we can begin to really exercise! I've brought along my instruction book [holds up the Bible] so that we know exactly what to do. Listen carefully and let's do what the Bible says.

[The women are led through the following exercises.]

Genesis 13:17	<i>Arise, walk ...</i> [Stand and walk in place.]
Matthew 10:14	<i>... shake off the dust from your feet ...</i> [Shake each foot.]
Psalms 47:1	<i>Clap your hands, all peoples!</i> [Clap hands.]
Psalms 141:2	<i>... and the lifting up of my hands ...</i> [Lift hands upward.]
Isaiah 47:5	<i>Sit in silence ...</i> {Sit down and be quiet for 10 seconds.}
Psalms 24:7	<i>Lift up your heads ...</i> [Lift head upward.]
Psalms 59:1	<i>... rise up ...</i> [Rise.]
Exodus 15:21	<i>Sing to the Lord, for he has triumphed gloriously;</i> [Sing the Common Doxology. Words on the next page.]
Exodus 3:5	<i>... take your sandals off your feet ...</i> [Take off shoes.]
Philippians 4:21	<i>Greet every saint in Christ Jesus.</i> [Greet those on either side of you.]
Psalms 139:2a	<i>You know when I sit down ...</i> [Sit down.]
Psalms 139:2b	<i>... and when I rise up;</i> [Stand up.]
Hebrews 12:12a	<i>Therefore lift your drooping hands ...</i> [Lift hands.]
Hebrews 12:12b	<i>... strengthen your weak knees ...</i> [Do knee bends.]
Acts 3:4	<i>Look at us.</i> [Look at each other and smile.]
Luke 6:21	<i>... for you shall laugh.</i> [Laugh.]
Psalms 89:1	<i>I will sing of the steadfast love of the Lord ...</i> [Sing "Jesus Loves Me."]
Jeremiah 8:14	<i>Why do we sit still?</i> [Sit quietly.]
Proverbs 24:33	<i>... a little folding of the hands ...</i> [Say a silent prayer.]
Hebrews 12:2	<i>... let us run with endurance the race that is set before us,</i> <i>looking to Jesus ...</i> [Run in place.]
Ecclesiastes 3:5	<i>... a time to embrace ...</i> [Hug each other.]

You've had a good workout! Take a few deep breaths and sit down once more. Listen to one final verse that will provide strength for each day of your life:

... the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen (1 Peter 5:10-11).

This week make sure to find spiritual strength in His word and don't forget to keep your physical condition in good shape.

Praise God, from Whom All Blessings Flow
(Common Doxology)

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host:
Praise Father, Son, and Holy Ghost.
Amen.

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