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Every Body Matters: Strengthening Your Body To Strengthen Your Soul

GARY THOMAS

Bestselling Author of Sacred Marriage

EVERY BODY MATTERS

Strengthening
Your Body
to Strengthen
Your Soul



Synopsis

Few pastors or Christian writers have dared to approach the subject of how proper eating and an active lifestyle can affect how we serve God. Author Gary Thomas does just that. And he reaches all the way back to the apostle Paul, who wrote that we need to prime our bodies to become, "an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work." To illustrate the body/soul correlation, Thomas presents engaging and diverse stories that include a young mom who got fit through volleyball and reaped spiritual rewards in her marriage, a 300-pound pastor who realized his obesity was eroding his ministry impact, and a woman who gained the spiritual strength to survive a contentious divorce by training for a marathon. In every instance, Thomas makes a direct connection between the physical challenge and its spiritual consequence. This book is a must read for anyone seeking new and compelling motivation for strengthening their bodies and fortifying their souls.

Book Information

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Customer Reviews

My brother read this book last year and right away recommended it to all of his friends. I bought a copy (cause my brother hardly ever recommends books) and read it right away. Then today I finished my second reading of it. It's a very inspiring, convicting, applicable, and needed book. It talks about how our bodies and souls effect each other and how what we do with our bodies really does matter. There is so much eye-opening information packed into the 256 pages and no one should be the same after reading the book. The church (and Christians) today have mostly turned a

blind eye to the sins that accompany how we treat our bodies, as long as we aren't doing drugs, getting drunk, smoking, or being impure. In reality though, having our bodies as the Temple of the Holy Spirit means SO much more! We're told in the Bible that "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." We're also told "Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body." Another compelling verse is, "Thou therefore endure hardness, as a good soldier of Jesus Christ." Since reading this book the first time I've been a lot more aware of what I put into my body and how I treat it. I don't want to fill my body with junk food, or push it way past it's limit, or become lazy. Instead I want to live a balanced life where I treat my body in such a way that it brings God glory and prepares me for what He has in store for me. This book is written from a very balanced and loving view point and I highly recommend it to every Christian 14 and older.

This book is so timely. I have tried diets for weight loss for superficial, fleshly reasons and it always failed. Hearing and reading the spiritual side of becoming healthy and pursuing fitness changed EVERYTHING for me. I feel like I sat on the sidelines of the great race by neglecting my nutritional intake and caring for my body. By applying the principles in this book, I'm up running again! My focus is renewed, my energy to do this His way is finally there now that I have a vision and His perspective and His heart in why I should this, the way I feed my family is changing and the war against sin is one of victory now! This book is an answer to prayer! I've asked the Holy Spirit, why do I not feel close to You, and He showed me how gluttony and laziness has been in my way in this book! The only thing is that I wish the author would have expanded on Daniel's story a little bit more, but it was amazing! I have the audiobook as well and I LOVE that the author narrated this himself. I can hear the passion and experience where he is coming from in his voice. This is definitely going to be a weekly read until it gets deep down in my inner man. Of course, my focus is what the Scriptures says! I needed the language to understand the why behind the what!

I haven't finished reading this book. But so far I am enjoy Gary's perspective. I am a fan of Gary Thomas's work. Our marriage bible study group is working on the Sacred Marriage book. He opens the doors to a whole new God perspective. I enjoy learning how to align my life in every aspect to become more Holy. I sincerely believe that our bodies are to be as a living sacrifice, Holy and pleasing to God. I teach this in my Personal training sessions with my clients. We are God's workmanship, created in Christ Jesus to do good works which God has prepared in advance for us

to do. To be effective in doing God's work we need to be healthy. The bible also teaches us that we are not our own, we are temples of the Holy Spirit, whom is in us, which we have received from God. We were bought at a price and should honor God with our bodies. 1 Corinthians 6:19-20 We need to be a good steward of all God has given us, including our body. How effective can I be for the use of God with a ill, unhealthy, weak body.

Amazing perspective on relating body image, and especially health to spirituality. I can easily see the correlation between what I do daily (working out and Running) and the discipline that goes with that carrying over into my walk with Jesus. After reading the book my goals for fitness have slightly changed and I am able to come off the idea that I must look a certain way and focus more on my abilities and being ready for what God has in store for me not only spiritually but physically as well.

Gary Thomas is a gifted writer. This book is another example of his God given ability to put into perspective why we should be concerned with how we treat this vessel of the Lord that is our bodies. Being physically fit is every bit as important as being spiritually fit when it comes to being "useful to the Master and prepared to do any good work." I can't recommend this book highly enough. Buy it. It will change your perspective. It is solidly bases in scripture. It has profoundly changed my life.

I am a 37 year old mother of 3. Before marriage I was a fit, cut, athletic person able to jump into any activity and do well. Today the story is different. After my third child I hated how I looked. I thought about my weight every single day and I hated my body every single day. My problem was no mater how much I loathed my body, I could never seem to get a leg up on my weight. I joined a gym and for 6 months worked out every single day. I could run 5 miles, but was so discouraged when I lost nothing. I gave up and over the space of the past few years I have gone from being a tad soft and having a few extra pounds to now bordering on being almost 20lbs over weight. Gary's book has been a God send and blessing. I have just made it into the first few chapters, but the truth has rung true and I am excited to begin my journey back to health with a proper perspective on my body and its relationship to my spiritual success. For those struggling with control, discipline, health, and even eating disorders, this book is a must!

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