**EASTER EVENING OF 2016**

There are win/lose situations, lose/lose situations, and win/win situations. Many people place themselves into lose/lose situations, but our goal as Christians is to place ourselves in win/win situration. An example of a lose/lose situation is unequally yoking yourself with somebody else. A win/lose situation is performance-based (and circumstance-based). A win/win situation is one where, no matter what happens, God is glorified. Try to live with a win/win mindset.

Side note on grace, faith, and works: The cost of getting an eternity in heaven was paid by Jesus because it was a debt that we could have never paid, no matter how much we worked for it. All we can give is our life, which is what we do when we make Jesus our Lord. We continue to work as we live out our lives, for our lives are unto God. We do not worship those works, just like a martial artist does not worship the punch or the kick. We just practice those techniques to get better. This is part of the difference between salvation and sanctification. Sanctification is the process of becoming more Christ-like, more godly, more righteous, more holy.

**WALK OF FAITH (SUNDAY EVENING OF APRIL 10TH, 2016)**

If you drag your feet in your walk with Jesus, then you stumble more often. Making your journey with hesitation or laziness can trip you up more often and, therefore, take much longer to progress down your path. Goofing off and/or behaving proudly can do the same. Sprinting before you are ready, like a baby just learning to walk, can also cause you to stumble. (A newly saved Christian, for example, should not immediately open up their own church and pastor a flock.)

Walking out your faith is similar to learning martial arts or learning how to play a musical instrument. You can go to a hundred conferences and listen to a hundred teachers speak about these things, but you will not truly advance until you lay hands and practice with repetition. Just like you have to train martial arts or physically practice your scales and songs on a guitar, you have to work your faith and put in the time.

**A STRONG, FUNCTIONAL BODY (SUNDAY MORNING OF APRIL 17TH, 2016)**

The body has primary movers and secondary movers. If one of those things is off or out of alignment, then it can throw the whole system off. The primary movers are the brain, then the spine. What goes on in the brain, such as fear or insecurity, affects the spine and what goes on in the rest of the body. Insecurity creates a weakened and unhealthy posture, whereas confidence creates a strong and healthy posture. If we want to effectively minister or spread the gospel, then we need to do so without fear and insecurity.

Utilizing proper structure, alignments, exercises, and mobility leads to a healthy, functional, strong body. On the other hand, simply compensating for weaknesses in structure will only reinforce and "strengthen" those weaknesses. Practice proper form and awareness consistently, at all times, for injuries tend to come when least expected because that is when people tend to get complacent and lazy. Likewise, this is when physical and spiritual attacks tend to come.

A few minutes of training is not enough practice or preparedness to handle difficult or high-stress tasks. Shooting a gun once does not sufficiently qualify you for SWAT or war. Likewise, having little familiarlity with the Word or expreience in the faith means that it is not wise to immediately cast out demons and such on your own.

Compensating and moving with poor form will affect longevity, like athletes who train improperly for years and suffer for it by their forties with painful joints. A lot of churches suffer after a period of time because the congregation expects the ministry team to carry them, and the ministry team gets burnt out entirely supporting the congregation and always compensating. Ministry should also be in the congregation. After all, a thousand muscle fibers can move much more weight and do a lot more work than one or two muscle fibers. One last note: If something "ministers" to you, then it should elicit change.