

# "Cross-Training"

## A Spiritual Workout Taught by Jesus to Transform Your Life from Ordinary to Extraordinary!

### What is Cross Training?

For the world, *cross training* means to work out using different exercises and activities. Doing only one type of training, such as performing the same weight machine routine, builds limited strength. Using variety in workouts allows people to train in multiple ways, which results in cross training benefits such as increased functional strength, fewer injuries and better overall health and fitness.

For followers of Jesus, "**Cross-Training**" is learning five disciple-like workouts that provide strength, toning, and endurance which result in stronger faith, fewer injuries, and better overall wholeness and fitness for God's Kingdom!

Jesus in the Sermon on the Mount spells out everything we need to maintain a healthy relationship with God and others:

*"Now when Jesus had finished saying these things, the crowds were astounded at his teaching, for he taught them as one having authority."*

Matthew 7:28-29a.

1. **Attitude Adjustment** .....Matthew 5:1-16
2. **Disciplined Living**.....Matthew 5:17-48
3. **"Weight" Lifting**.....Matthew 6:1-24
4. **Core Strengthening**.....Matthew 6:25-7:6
5. **Endurance-Building** .....Matthew 7:7-29

**Sign up August 29 – September 11 for one of these options:**

1. **Sunday 9:15 - 10:15 am at church with small groups for children and youth available**  
Hosts: Liz Talbert and Co-host
2. **Sunday 5:30 - 7:00 pm at church with childcare available**  
Hosts: Pastor Liz and Tom Talbert
3. **Monday 10:30 am - Noon in Fellowship Hall**  
Host: Virginia Clack
4. **Monday 6:30-8:00 pm at home of Tim and Deb Cornelius**  
Hosts: Tim and Deb Cornelius
5. **Thursday 6:00-7:30 pm at home of Jack and Marilyn Keck**  
Hosts: Jack and Marilyn Keck

**Each group will plan a celebration "Potluck Party" and a "Mission Project" to wrap up the series.**