

Date: Sunday, August 7th @ 2:00 p.m.

Location: [Sunrise](#) Clubhouse

Run: 2 mile or 30 minute distance run

Directions:

Start: South Hill Christian Church 12311 151st Street East

1. Head **west** on **151st St E** toward **122nd Ave E**
2. Turn left at **122nd Ave E**
3. Take 2nd left onto Sunrise Pkwy E
4. Travel for 1 mile to Sunrise Office (right side of road)

Alternate location if temp is above 80 degrees

[Nathan Chapman trail](#) (meet by playground)

Location changes will be communicated via [GROUPME](#)

This week's assignments (complete before 8/13):

- 1) Click here to read the article "[10 running mistakes to avoid](#)":
- 2) Create a running journal and record your starting weight. (Extra credit: log your meals & portion sizes also.)
- 3) Register on the [GROUPME](#) and [Strava](#) sites
- 4) **Locate or buy a pair of shoes appropriate your foot type (recommend [South Sound Running](#) in Tacoma or Olympia or [Fleet Feet](#) in Bonney Lake). Buy running socks.**
- 5) Make a plan to work training into your schedule 4 times/week. Put it on the calendar. Record your runs on your training log.
- 6) **If you are any of the following...over 35, over weight, or over due for fitness (i.e. no activity for previous 2 years or so), it's highly recommended that you book an appointment ASAP with your doctor to discuss the Crosstrainer training plan.**
- 7) Choose a short, inspirational bible verse and begin to memorize it.
- 8) Complete all 4 training runs

This week's teaching...Expect Resistance!

[Proverbs 4:23](#) tells us "above all else guard your heart for it is the wellspring of life." Cross Trainers is about giving you the tools to "guard your heart." I won't lie, training (a.k.a. temple maintenance) is hard. The next 8 weeks will demand your time, which you already have little of. Training can be physically painful, and if you're a food lover or have addictions or old injuries you have additional challenges to overcome. Expect resistance from your body. Expect resistance from friends and even family who will have to compete for your time, or who will want you to continue on with old habits. Expect resistance in your spirit. [1Peter 5:8](#) states, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." I promise that you can expect resistance from the enemy. He will be ever-present and will try anything in his power to get you to abandon your training. He will work to convince you that you can't fit it in to your schedule, that the weather is too hot, too cold, too rainy, that you're not seeing enough weight drop off, that someone else is advancing faster than you. God did not give us a spirit of weakness or timidity. You CAN do this! When faced with resistance here are some suggestions: (1) remember the most painful physical experience you've ever endured and tap into the knowledge that this is not as bad, (2) memorize an inspirational scripture and repeat it as a mantra during your training session, (3) find a training buddy and do your workouts together – hold each other accountable. Remember, any fitness is better than none!

Other routes for individual training days:

- 1) [Roger's High School Track](#)
- 2) [Sunrise](#)
#1 – Park at clubhouse. Turn right at end of driveway and travel 9 minutes, then turn around and return to clubhouse.
#2 – Park at clubhouse. Turn left at end of driveway and travel 9 minutes, Then turn around and return to clubhouse. Entrance is .7 miles one-way.
#3 – Park at clubhouse. Go straight at end of driveway into "The Rim." Follow the road until forced to turn right. Follow the loop through the Neighborhood and return to clubhouse (1 mile). Add ½ mile by taking The "Internal" loop.
- 3) [Nathan Chapman Trail](#) (144th & 86th) – Follow trail from playground and always stay or turn to the right. After 9 minutes one-way, turn around and return to parking lot. (End of trail is 1 mile, one-way)
- 4) [Bradley Lake Trail](#) – 1 loop = ~.8 mile

Contact info: Crosstrainers@SHCCWeb.org "Like" Facebook page "SHCC Cross Trainers"

Bonus Lesson: Of Running Clothes And Spiritual Armor

All of you, clothe yourselves with humility toward one another because 'God opposes the proud but gives grace to the humble.' Humble yourselves therefore under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because he cares for you (1 Pet 5:5b-7). With these words, Peter is telling the elders & young men (and likely all of "God's elect" [1 Pet:1:1](#)) that one of our most important pieces of daily clothing is a robe of humility and he is warning us to watch after our pride. As in many sports, pride is a great enemy of runners. Pride can cause great runners to boast mightily, but for the rest of us, pride often brings us down. Pride may cause us to be frustrated when our friends are progressing faster than we are. Pride may prevent us from entering a race in the first place fearing that we'll come in last or get a DNF (did not finish). Pride refers us back to when we were in our prime – back when we were younger, faster, thinner, in better shape (etc.) and it goads that we will never be able to return to those days. "So why try?" taunts the enemy.

Expect resistance! Early on you can expect the enemy to attack your pride. Approach your training with humility and be cognizant of your fellow team members that may be struggling with their progression. If you struggle as you are training, pray as you run. Cast your anxiety upon God as Peter directs. If you see others that are struggling, lift them up.

How can we best combat pride? One way is by anticipating that the enemy will come against us to discourage us and then by putting a plan in place to rely upon the strength of Christ to carry us through our most difficult times. Pray through [Ephesians 6:14-18](#) daily this week and expect God's protection against pride through the gift of "Spiritual Armour", particularly as it relates to this new life-style change you are embarking upon.

In addition to protecting yourself in the spiritual realm, this is a good week to consider the ways to protect yourself from injury and discomfort in the physical realm. Perhaps you have an image of runners that consists of hooded cotton sweatshirts, a terrycloth headband, and baggy sweatpants (made popular by the Rocky movies and the running revolution of the 1970's). Let me write with the strongest emphasis possible, technology in the running world has seen incredible advances over the last 40 years. While you are training **cotton is not your friend**. You want to purchase clothing with wicking properties.

As you are beginning training you will likely be fine – for a while – wearing a cotton T-shirt, your old gardening sneakers, and a pair of gym shorts. But as you increase the duration of your training times you will find that you will be much more comfortable by adding the items below to your wardrobe. Build your wardrobe over time and prioritize the ones that cover issues you might be having with hot spots or chafing. Like subtle sins, these types of "wear spots" are cumulative and we often don't notice that they are building up until they emerge as a problem. Like praying Ephesians, we need to have an advance plan to anticipate, mitigate, and hopefully eliminate discomfort before it occurs. Some investments you may consider making (in the following order): Running shoes, Running socks, Technical T-shirts (tank, short and long sleeve to cover all seasons), Nylon running shorts, and undergarments designed for running.

While it is best to go to a specialty running store to purchase your first pair of running shoes, the other items may be purchased at any general sporting goods store such as Dicks or Sport's Authority, and they can all be found in the same section of the store. Ask a clerk to direct you to the running clothes. If you have purchased these items and are still having trouble with localized rubbing, hot spots and blistering, a few other products you may wish to consider are: BandAids or Nip-Guards (that's the brand name) for protection against rubbing, vaseline or other petroleum products (can stain clothing but is helpful for thighs and armpits), Blister Shield silicon powder (very effective for preventing foot blisters, but not available in most stores...www.2toms.com or google for other vendors), mole skin or Second Skin is helpful after blisters have formed.

Starting out in the plan we are in the "building your base" phase. You may feel like you want to do more than what is on the plan. Don't. Don't risk injury, don't risk burn out. Remember this is a 8-week training plan and not a sprint. Apply the lessons and train wisely to ensure that you will meet your long-term goals. Remember to log, blog, and/or journal your progress this week – the good, the bad and the ugly. If you have "liked" our SHCC Crosstrainer page on Facebook and joined our GROUPME, participate. Share your experience with others.

Have a great first week and remember your armor ([Eph 6:14-18](#))!

Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 2...*Above all else guard your heart for it is the wellspring of life (Proverbs 4:23).* You are beginning an eight-week journey designed to increase your fitness and your faith. Many people begin a fitness program or a “Bible in a Year” plan as a New Year’s resolution, but quickly lose their motivation because they do not have a path, they do not have the knowledge to build a path, and, frankly, because doing nothing is easier than doing something. A well-planned journey has a starting point, moves past milestones, and has a knowable end. Through Crosstrainers you will be supplied with a road map for your journey in the form of a training plan. Your plan, when followed closely, will get you to your destination. Along the way if you are re-routed you should know that all is not lost. Each segment of the journey will bring its own challenges. One of the challenges you may face early on is resistance. “Resistance” to your fitness and faith plan, and perhaps many new activities, can come from multiple sources. If you are aware of the sources of resistance, and alert to their presence, you can begin to build a skillset for dealing with them and ensuring forward momentum despite their challenges. Our devotionals for the remainder of this week will focus on each of these sources of resistance: the enemy, other people, circumstances, our own thoughts, and our physical limitations. Solomon begins today’s study verse with the words “Above all else guard your heart...” By these words he is reminding, instructing, and informing us that the heart is the core of who we are. In your fitness journey, you could buy all of the running gear, learn all of the terminology, and sign up for the race. On the outside you look and sound like a runner, but if you don’t put in any of the work you have failed to maintain your wellspring, and that will be exposed during your race. Similarly, we can learn the right words to say inside and outside of church, play the part of the faithful follower, slap the fish sticker on the bumper and have an exterior that looks amazing. But God doesn’t care about how we look on the outside. His concern is for our heart-health – to the degree that it is to be a focus above all else. “Guarding our hearts” means proactively protecting against internal and external forces that would seek to negatively affect our very wellspring. With eyes trained to see and a heart conditioned to weather difficulties, every one of these forms of “resistance” can be overcome! *Dear God, as I take my first steps forward with this plan, I ask that you would make me alert to the various forms of resistance that I may encounter throughout the journey. Set my mind on protecting my heart above all else – above pride, above pain, above insult. Teach me daily to seek You as my source of inspiration and motivation and remind me that through You everything is possible. Amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 3...*Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in your faith and in the knowledge that your brothers throughout the world are undergoing the same kinds of suffering 1 Peter 5:8-9.* You're committed. You're excited. You are doing this! For so long you've wanted to get in shape. Crosstrainers is here and you are all in. You are going to make every workout. You will read and heed every bit of advice that comes your way. You are going to buy all the gear, sign up for the race, change your diet, lose 20 pounds, and ask everyone you know to join you in the journey. Nothing is going to stop you from your goals *this time*. Welcome to day one thoughts. These are great thoughts. They're happy, inspired, positive, hopeful and...sorry to say...probably delusional, thoughts. And that's OK, as long as there is at least a part of you that knows and understands that going in. It is important to have a positive mindset and it is important to want to commit fully to the plan. But it is equally important to have a realistic up-front expectation that life is likely going to happen along the way. As our passage for the day warns, be alert and of sober mind, especially early on. For some of you, following the Crosstrainers plan will bring major lifestyle changes. Expect, going in, that your plan is going to be challenged. Some of the challenges you face may come from things like scheduling conflicts, minor aches and pains, or the weather. Our passage today reminds us that in addition to these "things of life" type challenges we also have an enemy who is actively looking to devour you. He comes in the form of discouragement. He will take advantage of every opportunity to remind you that you are overweight, out of shape, old, slow, never finish what you start, etc., etc. He comes in the form of temptation – offering rest and a big bowl of ice cream instead of your workout because "work was just so demanding." Starting now, be alert and watch for these things. Not every little challenge that comes along is of the enemy, but having a "sober mind" means having a basic understanding that some things are of him and they do require active resistance. How do we actively resist? By standing firm in our faith as we commit to the fitness plan and by staying connected with other Crosstrainers that are undergoing the same challenges. And through it all...prayer. *Heavenly father, I desire to make positive changes in my fitness and my faith. I expect these changes to be challenged by my enemy. I pray for your protection and your constant presence in my prayer life for the next eight weeks. Help me to recognize these "things of the enemy" and to actively resist them as they come along. Amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 4...*But when Sanballat [et. al] heard that the repairs to Jerusalem's walls had gone ahead...they were very angry. They all plotted together to come and fight against Jerusalem and stir up trouble against it. But we prayed to our God and posted a guard day and night to meet this threat...After [Nehemiah] looked things over [he] stood up and said..."Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes. Nehemiah 4: 7-9, 14.* Nehemiah had a task – rebuild the walls around Jerusalem. Sanballat, and others, hated the people of Israel and actively sought to discourage and distract them in their work. It is highly unlikely that you will come across such strong, active, resistance as you begin your “task” of training but it is certainly possible that not everyone in your life will fully support what you are doing. And it is also possible that you may encounter resistance from friends and others. Maybe your training competes with time usually spent with a friend. Instead of encouragement, maybe jealousy for lost time drives them to say discouraging words or offer up distractions meant to keep you from your goals. Or maybe you'll encounter cowardly individuals that shout out at you during your workout as they drive by. Hopefully these things never happen but they could, and our passage from Nehemiah offers a model for us if they do. The first thing the people did was to pray. Pray against discouragement, pray for those that are being discouraging. Secondly, the people posted a guard as a means of defense. Your “guard” in this case is simply your sense of awareness – be alert against discouragement and distraction from others and be steeled with a strong resolve to hold fast to your end goal. Third, Nehemiah ‘remembered the Lord, who is great and awesome.’ Truth: “I can do all things through Christ who strengthens me (Phil 4:13). Through Christ we overcome discouragement, even from those we are close to. Lastly, instead of allowing discouragement to affect you, rally support from those that will encourage you. For Nehemiah it was ‘families, sons and daughters, wives and homes.’ In fact, the people he surrounded himself with were so committed to the cause that they held weapons in one hand and built the wall with the other. Seek out and stand beside the weapon-holding wall builders in your life and give all value to their words of encouragement. *Dear God, surround me on every side with friends and family that will encourage me in this process. Should a time come along this journey where I encounter discouraging words from others, help me to lean on the truth of Philippians 4:13 and encouraging words from those you've placed in my life who will build me up rather than tear me down. Help me build a strong defensive exterior, impervious to distraction from my goals as I continue to increase my fitness and my faith. In Jesus' name, amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 5... *God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." Psalm 46: 1-3,10.* The focus of our last devotionals were resistance from the enemy and from others. Today's focus is on yet another external factor that can prevent us from reaching our goals – life events. There is an ad slogan that goes something like “a pipe bursts, a toilet leaks, who are you going to call?” Burst pipes and toilet leaks are not planned events. They are bad luck, badly timed, and bad news. Even when we are careful and preventative, they are an unfortunate part of life. What is key is how we respond when life events happen. Here are some things this runner has experienced over the years...unexpected weather while far from the car in the form of freezing rain, hailstones and lightning. Various slips, trips, and an occasional fall from ice, mucky ground, a dog leash, errant branches, and once just to live the cliché, a banana peel. There has been a scratched eye from a low hanging branch, bee stings, dog bites (twice), and one grazing from a turning vehicle. None of these things were planned events, and all of them had various levels of impact ranging from slowing down a run to minor injuries requiring an adjustment to the training plan. Expecting resistance means acknowledging that the mere act of running increases the odds and frequency of potential life events. In our fitness, as well as our faith, we could take the safe route. We could never work out and never speak out and perhaps we would be immune or at least safer from injury, rejection or failure. But we must also understand that there is a different kind different kind of life event that occurs when we take that path. It may be a slower path, but for the sedentary, muscles atrophy and health declines. Likewise, when we take no step forward in faith our faith weakens and our effectiveness declines. In both cases we can be even less prepared and more affected by life events. Sometimes it may seem like the world is against you, but the psalmist's words give us reminder that though the earth gives way and the mountains crumble we know “who we're going to call” – God is exalted in the earth. *Mighty God, my refuge, strength and help in times of trouble, protect me from the 'things of life' that might impact the building of my fitness and faith. Help me be of sober thought, expecting 'life events' while moving me forward in confidence so I don't fear them. When events arise, surround me with those that will help, heal, and encourage and increase my faith that You are with me in all things. Amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 6...*I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep. John 10:14-15. All of this I have spoken to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you. John 14:25-26.* So far this week our devotionals have focused on resistance that comes from external sources like the enemy, other people, and circumstances. Sometimes the resistance that can be the most difficult to overcome is our own inner voice. Our inner voice synthesizes our positive and negative experiences and our future hopes and fears. It serves as an advisor, carefully weighing events past and present, and suggesting responses to events and stimuli. The Holy Spirit, however, was given to us to align our will with the will of the Father. The Holy Spirit is not swayed by positive and negative stimuli in our lives or our past experiences. The Holy Spirit is impervious to the things that cause us to doubt even the most obvious of our God-given talents. Even when the Father's will for our lives may differ from the paths we are seeking, the role of the Holy Spirit is never to belittle us, intentionally hurt us, say hateful or hurtful words to us, swear at us, or tell us that we are worthless. When we hear words like "you're a failure," or, "you are incapable of completing anything you start" you can know that these are not the words of the Holy Spirit. While it may be true that we are not all built to be world-class athletes, we are all capable of stepping forward one more time. The role of the Holy Spirit is to encourage that: one more step...so long as that step is in line with God's will. That is to say, the Holy Spirit may not always be a champion for your cause, even from participating in **this** cause. Perhaps God's will is for you to spend your time and resources elsewhere, perhaps your health is at risk if you follow this plan. There could be myriad reasons why God would move you away from something, even a good thing, and even this thing. You may not always find it easy to discern His voice among the many that compete for your attention, but you can know that harmful, hurtful words are not His way. *Holy Spirit, I want to know You more. I am barraged by messages, internal and external, that compete with your voice. I trust You to speak to me only the word and will of the Father. Help me to hear You more clearly and follow You more nearly not only through Crosstrainers but also in my daily living.*



Building faith and fitness one step at a time

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Run 4 Miles – Crosstrainers - Devotional

Expect Resistance: Week 1, Day 7...*No discipline seems enjoyable at the time, but painful. Later on, however, it yields a harvest of righteousness and peace to those who have been trained by it. Therefore, strengthen your limp hands and weak knees. Make straight paths for your feet so that the lame may not be disabled, but rather healed. Hebrews 12: 10-12.* Our devotionals this week have focused on expecting resistance. Today's final study on the topic relates to physical resistance from our bodies. Running is hard and at times unpleasant. If it wasn't more people would do it. The more effort you put out in order to become faster or run longer, the harder and less pleasant it becomes. You will likely spend your entire running life never finding it to be easy. That's the rough truth. Here's the blessing: if you are putting in the effort it will yield a return a rich harvest of benefits that range from improved health and weight loss to gaining a general confidence in accomplishing hard tasks in other areas of your life. Hebrews 12 speaks of discipline. Discipline is defined as 'training expected to produce a specific character or pattern of behavior, especially training that produces moral or mental improvement.' Like running, the Christian faith is not easy. At times it too is hard and unpleasant. But our passage today promises that when we allow God to train us, through the continual improvement of our character and behavior, the payoff is righteousness, peace, and healing. Proverbs 13:11 tells us that money gained quickly will dwindle away, but the one who gathers it little by little will become rich. This is a similar concept and easily maps over to success in running as well as discipline in general. We value the things that we put our effort into and that come at a cost to us. Of course, when this is all words on paper or a screen it is easy to buy into the concept, but when feet hit pavement and meet reality, or when we are in the middle of a spiritual battle for our discipline, how willing are we to accept these words at that time? When you run, your body WILL complain. It will negotiate for you to quit, take more walk breaks, slow to a walk. Please don't misunderstand – these things are not "failure". But over time, learning to understand your body and the potentially false limitations it may be imposing, you will train your mind to overcome each complaint one milestone at a time. *Heavenly Father, I am fearfully and wonderfully made. My mind and body have placed limitations on what I think I am capable of, but you know my full potential. My desire is that you would show me, safely and without injury, how to overcome the physical and mental resistance that accompanies doing hard things. Make straight my path and restore my 'limp hands and weak knees.' Show me new glories each day and teach me to lean on Your strength when my body tells me it has none.*



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