

Lifting Is Not A Suggestion

78 upvotes | 3 October, 2018 | by OsmiumZulu

Let's talk about lifting.

Over the past several months I've seen a disappointing trend on this sub. A significant number of you are **not** lifting at all and several are halfheartedly "lifting" without clear direction.

Gentlemen, this is not good.

There are several points of disagreement between RPC and TRP/MRP, but the critical importance of lifting is not one of them. **You don't get a magical "get out of the gym free" pass by being baptized.**

Frankly I am not surprised. Most churches tend to place a grand total of *zero* emphasis on physical health and appearances. If you look around at the average congregation and examine the typical churchgoing male you will see that stick figures and beer guts are the norm. Gee, I wonder why so many women are aroused by guys outside the church. It's a real head scratcher.

"**Be strong** and courageous..." - Deuteronomy 31:6a

"Have I not commanded you? **Be strong** and courageous..." - Joshua 1:9a

"Be watchful, stand firm in the faith, act like men, **be strong.**" - 1 Cor 16:13

Despite the scriptural refrain to men to be strong, the Christian man who takes it upon himself to lift is stepping outside the unspoken churchian skinny-fat orthodoxy. He is opening himself up to charges of being *too concerned with worldly things, vanity, or health and fitness idolatry.*

Crabs and buckets my friends.

Why You Must Lift

This post isn't going to talk about how to lift. There are many posts across the internet detailing that. This is more about *why* men need to lift and the benefits of heavy weightlifting and building muscle. Here are some of the key ones that should not be overlooked:

Physical * Lower chance of mechanical injury when performing day-to-day tasks * High percentage of lean muscle mass is correlated to living longer and lower rates of many degenerative diseases * Auto-immune and central nervous systems benefit from regular heavy weight lifting * Being sick and injured less allows you to make better use of your time whether at work, home, or doing hobbies

Mental * Over time as you gain results you will come to **love** the process of self improvement * Setting a new PR or finally seeing the results you've been working for gives you a great sense of **joy** * Becoming strong enough to physically defend yourself and attract a mate gives you great **peace** * You can more easily intimidate others and must learn how to manage this. The biggest guys I've known have often been the most **gentle** because they have to be. * It takes **patience** to see your lifts increase and your muscle to grow. * Despite the stereotype, most gyms have great cultures where people help one another. This gives you a chance to demonstrate **kindness** to people less progressed than you. * Forcing yourself to go to the gym when you are tired, sore, and full of excuses improves your **self control** tremendously. One must be **faithful** to the process for years to see the results.

(Notice a trend there?)

Social * Instantaneous respect from most others, especially men. * Fit people are hired and promoted at higher than average rates * More likely to benefit from the "halo" effect rather than suffer the "horns"

effect. * Your confidence is not only improved but reinforced as more interactions turn out favorably
Sexual * Far easier time attracting a top tier mate * Better ability to pick her up, pin her down, and have sex in "advanced" positions * Improved sexual stamina * Higher testosterone leads to higher sex drive, harder erections, etc. * Less likely to suffer from ED * Women flirt with / hit on you / initiate * Passive dread is constantly in play

Here is a classic write up, [Iron and Soul](#) by Henry Rollins that is a must read if you haven't already.

These lists are far from exhaustive and could go on for pages. Here's the thing: you chuckle-heads won't get the majority of these benefits from jogging, yoga, or high rep-low weight lifting. In fact, in many cases such exercises will lean you out further if you are already skinny and create the opposite effect.

Imagine building a house without taking the time to build the foundation. How would that go? Imagine building a super-car equipped with top of the line parts, but didn't want to take the time to install the engine or tires. How far would you get? You get the point.

Effectively lifting to build a strong, aesthetic, and healthy body will make everything else you do substantially easier and far more efficient.

Consider the following examples:

Pick up artist [Owen from RSD](#) and fitness YouTuber [Connor Murphy](#).

Both of these guys get a ton of response from women. Owen overcomes his sub-average appearance by having extraordinarily tight game. If you watch some of his in-field videos you will see that most of his pick-up goes like this: 1) Approach 2) Resistance and a gauntlet of fitness tests 3) Hold frame 4) more tests 5) eventually she becomes attracted to him despite his appearances

On the other hand, Connor's physique works like a cheat code in a video game. His approaches basically go like this: 1) Approach (or get approached) 2) take shirt off 3) Get number close, kiss close, F close, whatever.

[Here is another guy](#) who tries the Connor Murphy approach before and after cutting. The results speak for themselves.

Sure, anything on the internet can be faked, but the point here remains.

Yes, you can be a sub-average looking manlet and still game and attract hot women. To do so means overcoming a gauntlet of fitness tests, resistance, and logistics. She starts the interaction from a place of outcome independence; she loses nothing if you don't impress her. She comes to the conversation armed with hundreds of reasons why she "can't" sleep with you. Ultimately in this scenario you fight an uphill battle from the start and must qualify yourself to convince her that you are in fact a solid mate choice.

Building an aesthetic physique, however, allows you to achieve the same and better results much more easily and it inverts the qualification process. Rather than you having to run tight game to "convince" her and overcome her subconscious defense mechanisms, your aesthetic physique turns the table. She is no longer outcome independent. She has something to lose (a chance to mate with a highly attractive guy) if the interaction fails. Now she is in a position of qualifying herself and she will be the one actively removing any barriers she has to sleeping with you.

These dynamics do not change in marriage. When you initiate with your wife you run a different version of these two games. If you are ugly she is biologically and socially programmed to offer some resistance. "I'm too tired", "I have work in the morning", "I don't want the neighbors to hear" etc. You get the point. When you have a hot body on the other hand she will not only offer less resistance, but will often be the one removing resistance. "You'll sleep better if you get off", "How about I just blow you and see where that goes?", "The neighbors know we are married, who cares if they hear something?"

The Economics of Lifting

The study of economics teaches us that scarcity drives value and should reasonably expect scarce items to be highly prized. Things that are easy to produce are less valuable than things that are difficult to produce. Attractive females are common. Entire billion dollar industries (cosmetics, plastic surgery, apparel, etc) have been built to help average women look amazing at an affordable cost. For an average woman to achieve an attractive body requires about a year to a year and a half in the gym, mostly focused on lower body muscle gains and weight loss. In other words, with a fairly low time commitment and some cash most women can dramatically improve their appearances.

A solid and attractive male physique is different. For a man to achieve "the body" that drives women crazy requires 3+ years (more like 5+) of intense physical training focused on muscle growth, which is by nature a slower process than fat loss. There are no real shortcuts. Even with the best diet, supplements, and trainers money can buy, the process can only be shorted so much and you are still left with the hard work. Your trainer, or even steroids, cannot do the reps for you. Whether you are poor or rich, young or old, the process is the same and it requires doing the work yourself. This is one of the major reasons why the aesthetic male physique is so highly sought after.

My Story

I was the skinny tall kid growing up. I think I was about 6'2", 155lbs, and about 6% BF when I graduated highschool. I had abs, muscle definition for what little muscle I had, and a decently handsome face. Nonetheless, I had to run very tight game to have success in any capacity with women. It was always an uphill battle and I lost as much, if not more, than I won.

When I moved out of my parent's house I ate like crap and "worked out" (push ups, pull ups, crunches, and running) and managed to put on about 15 lbs of fat and muscle. For the first time I could remember I actually didn't have a six pack, but my success with women was actually improved.

I met my wife and got married at about 170lbs. We had both been athletes in our highschool years and fairly fit from that, but we slowly began to fall out of shape. During the first year of marriage I was reading a blog about personal finance and there was a post that discussed some of the financial benefits of lifting in terms of lowered lifetime health costs. So I began lifting and encouraged my wife to do the same. I didn't know up from down in the gym, but over the next few years I began to figure it out.

We moved and made friends with a competitive bodybuilder and his model fiance who were both highly attractive and we both learned a lot from them. Eventually we moved again but by that time I had gotten a much firmer handle on fitness.

I put on about 20 lbs of muscle. Not a huge feat by most standards, but I high an extremely quick metabolism and require about 3,500-4,000 calories to move the needle *at all*. I got up to 200lbs and am now in part-way through cutting before starting another bulk. I have never looked better.

I can affirm first hand that confidence soars and people respond differently when you have an aesthetic physique. My wife and her friends are constantly complimenting my appearance. When I run into people I haven't seen in awhile they marvel at the difference. People notice. My wife and I had a pretty regular sex life before (2-4 times a week) but now she cannot keep her hands off me and rarely goes more than 24 hours without pouncing on me. Fitness tests are far less frequent much more easily passed. Passive dread is a baseline fact and my wife knows I would be a hot commodity on the SMP if we ever split. She finds this somewhat intimidating yet highly arousing.

The crazy thing to me is that I know I have a lot further to go. I am not at competition body building level of physique and my lifts for my size of guy are, for the most part, in the intermediate range. Nonetheless I

am frequently the most muscular guy in the room, especially and sadly when I am among Christians. I can only imagine what things will be like when I am truly jacked.

Certainly these results come from more than *just* lifting, but they wouldn't have gotten to this level *without* lifting.

So stop pussy-footing around in the gym and lift like you mean it.

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Comments

CoachDad9 • 25 points • 4 October, 2018 03:39 PM

You don't get a magical "get out of the gym free" pass by being baptized.

And I'll add you can't avoid approaching and gaming women because you've given up control of your life to Jesus. He saves your soul but He doesn't talk to women for you.

Bearman637[□] • 3 points • 2 December, 2018 03:09 AM

Best comment on reddit. Thankyou sir.

Stryker7200 • 1 point • 18 December, 2018 04:21 PM

Is this a PUA sub now? Frankly posts like this one flirt a lot with it. I'm not against lifting but a lot of times the "benefits" and reasons for lifting in posts like this one vary into the PUA world too often.

OsmiumZulu[S] • 3 points • 7 January, 2019 05:03 PM

PUA and RP aren't unrelated. If you were to draw a Venn diagram of the two, there would be a huge degree of overlap.

PUA creates the perception of being a high value man, RP makes you one.

Marketing matters. In the marketplace it is not uncommon for objectively superior products to lose to inferior products due to poor marketing.

On the flip side, even the best marketing can't keep a poor quality product on top for long.

lololasaurus • 12 points • 3 October, 2018 11:32 PM

Can confirm.

I'm incredibly thankful I started lifting when I did.

In the past year I've gone from 245lb, 35-40%bf or something like that, never lifted in my life... to 197lbs, 367 SQ, 450 DL, 210 bench, 149 OHP.

I've watched the world around me change in its treatment of me. Women give me IOIs now regularly (and I'm not even jacked yet... I'm still at like 18-19% bodyfat!) and commonly. Men treat me differently, with more respect. I can throw my 7 year old in the air (though man he's a tank, even now). I can carry both my younger daughters around at the same time for long distances. When it was still a thing I could pick up my wife and carry her into the bedroom, which she did claim to really enjoy. She was still my biggest skeptic. But she liked the result. Would always grab my arms and feel the muscle that is starting to show after decades of unattractive fat.

This all happened because the gym became a place I could go to work out instead of listen to my wife complaining about me. Might as well harness natural motivations, right?

I've got a long way to go, but lifting has been amazing in how it's changed my own mindset.

BornShook • 10 points • 3 October, 2018 08:42 PM

Yep, lifting makes you a lot more healthy and less prone to injurys. Always good to see redpill lifting posts, even if it gets a bit redundant.

OsmiumZulu[S] • 5 points • 3 October, 2018 08:44 PM

The wild part to me is the need for redundancy. You'd imagine that by now more people would get the message.

Darkwingduckthethird • 7 points • 3 October, 2018 09:46 PM

1 guys tells you something, you way it up. 100 guys tell you something, it carries more weight.

GhillieGoat • 7 points • 4 October, 2018 01:28 AM

First day at the gym is tomorrow! Never been to one in my life, but it comes with a free hour-long appointment with a trainer. Going to use that time to learn how to lift correctly.

OsmiumZulu[S] • 9 points • 4 October, 2018 01:41 AM*

Solid, good stuff.

The hour with the trainer can be very valuable, but it goes by fast and not all trainers are created equal. Don't let them waste the time testing for imbalances or deficiencies; you're untrained, you have tons of them and that's fine. They will work themselves out over time and the ones that don't will go beyond the scope of an hour session.

IIWY I would ask them to teach you to deadlift, squat, and bench properly. Getting eyes on your form for those lifts early will be very valuable.

Also, here are some channels/fitness guys to check out:

Jeff Nippard

The Buff Dudes.

Mark Rippetoe

Mike Matthews

Good luck!

lololasaurus • 4 points • 4 October, 2018 03:17 AM

All this and overhead press.

Then as you build strength, look up accessory exercises and do those too.

Use the stronglifts 5x5 app. Once you plateau, consider switching to the five3one app.

That's been my path and I started on December 9 of last year and went from the bar to 450DL, 376SQ, 210BENCH, and 149OHP as of now.

Also don't forget frankrobert615 on YouTube for some off color gym humor. ☐

SkimTheDross • 7 points • 4 October, 2018 08:55 AM

Awesome! Be cautious of the training session - it's basically a sales call to get you to pay for a personal trainer.

Read Starting Strength: Basic Barbell Training by Mark Rippetoe. This should be required sidebar reading.

Watch Starting Strength and Alan Thrall videos on YouTube.

There's a Starting Strength app for your phone.

SL5x5 is much the same thing. Mehdi basically copied Rippetoe's proven program for novice linear progression, added two sets and made a very functional app.

Regardless of your fitness goals (fat loss, muscle building, endurance or strength increase) the novice linear progression with barbell training is where you must start.

OsmiumZulu[S] • 2 points • 7 January, 2019 05:04 PM

How's lifting been going?

GhillieGoat • 1 point • 7 January, 2019 09:03 PM

Thanks for following up!

I'm hitting the gym regularly twice a week for an hour and a half. I spend an hour in the elliptical with increasing resistance, followed by doing leg presses, which has been great. The other half an hour is mostly upper body.

Lifting has been slower, however. I'm still doing barbells (15lb overhead press, 20lb bench press) and haven't payed for any more time with the PT. I've increased weights and endurance slightly from where I've started, but have had difficulties progressing very far, unlike my cardio. Upping my workouts to 3x per week may help with that. Starting to participate in the weekly OYS would probably help too, haha.

expatriate77 • 6 points • 3 October, 2018 08:30 PM

Thanks for the extensive write up!

Needed the motivation, was just trying to hype myself to go lift.

Deep_Strength • 4 points • 3 October, 2018 11:53 PM

Can confirm.

I don't know if I've said this before, but my wife probably wouldn't have dated me if I didn't workout. She was into being fit as well, and it's unlikely that fit women will date an unfit man.

Brickles09 • 3 points • 10 October, 2018 03:11 AM

Sidebar level material. Very good.

[deleted] • 3 points • 4 November, 2018 02:43 PM

Gee, I wonder why so many women are aroused by guys outside the church. It's a real head scratcher.

I never realized this until now. Our men in the church are getting outplayed by men outside. This has to change and it needs to change before the West dies

SIC_redditeruiser 1 points 3 October, 2018 10:11 PM **[recovered]**

Dude, frik ya!! I feel ridiculous even typing that, but whatever. This is a great encouragement and exhortation to guys that aren't seriously considering lifting. I really liked the comparison analysis between RSD Tyler and Connor.

20lbs of muscle is some pretty good gains. I'm at about the same spot as you with the gains, but on a smaller frame 5'7". I started out at 145 and am about 167, but leaner (I have abs). I started out with 5x5, had a pretty impressive squat (315x5x5 w/o a belt), and am trying to get back up to something similar, but with higher reps. I recently transitioned into shorter more frequent workouts (1 hour/day 6 days/week) to spend my time working on other things. What program are you running?

And it is pretty sad to see that most guys in the Church don't even think about lifting and in fact I've been told by multiple people that ~"Caring for your body is good, but shallow, selfish and prideful." (got a LOT of kickback from the Church for accidentally sharing one of my posts on IG about men need to be a better steward of their body's). SJW's swoopin in from everywhere lol.

__REdemption__ 1 points 3 October, 2018 10:49 PM **[recovered]**

"Caring for your body is good, but shallow, selfish and prideful"

They actually fit that into one sentence without realising what they just said? They just equated physical health with shallowness.

SIC_redditercruiser 1 points 3 October, 2018 11:03 PM **[recovered]**

Basically yes. I'm paraphrasing because most of their comments were each an essay in itself telling me why I'm wrong for telling man they should be under 15% body fat to make a good impression and if they aren't then they aren't being a good steward of their body. The post was about making a good impression. Stuff like brushing your teeth, having a nice haircut, wearing nice clothes that fit, working out and getting under 15% body fat.

The sentence that made everybody lose their head was, "God calls us to be good stewards of the body He gave us. If you stink, are overweight, look like a slob, and don't take care of yourself then you aren't obeying one of the simple things He calls us to do (and it's good for your mind and body)□□□" - could have worded this better but what's done is done.

Go checkout my latest post on IG @TheChristianAlpha to see some more kickback. If you're interested in the seeing the original I was talking about lemme know and I'll pm it to you.

__REdemption__ 1 points 3 October, 2018 11:35 PM **[recovered]**

Yes! I appreciate the sentiment of the post. It's absurd really - I got a sort of faux-interrogation from the pastoral care guy, and his wife, at my church because I radically changed my diet and started lifting. Over the course of two conversations no less. It was almost as if they were concerned for me.

Sure, we can focus too much on lifting, idolize physique even, but you don't get a free pass from living healthy just because it might become an idol. Our whole lives are filled with potential idols! We don't get a free pass from anything for such a flimsy excuse.

SIC_redditercruiser 1 points 3 October, 2018 11:54 PM **[recovered]**

Yeah, I'm about to get some of that too. I had one of the pastors at my old church that I was pretty involved in hit me up and said he wanted to talk to me about my Christian Alpha thing and help me out. Based on the comments I'm getting from other people from that church I really don't think it's going to the kind of help that I would hope for. I did send him a link to the 100 level stuff and told him that if he wanted to get an idea of what I was trying to do that he should read some of those links. I think I'm actually going to pray that he reads those and that some of them hit home.

__REdemption__ 1 points 4 October, 2018 12:42 AM **[recovered]**

You linked him direct to RPC stuff? Phew, good luck man □ Seriously though, I hope he comes around. It could do wonders for that community through the potential change in his leadership.

rocknrollchuck • 2 points • 4 October, 2018 05:05 PM

My pastor jokingly calls me "Charles Atlas." He's 80 and goes to the gym 3X a week himself. And people think he's in his early 60's.

People at church criticize and "show concern" because *they* don't lift.

OsmiumZulu[S] • 1 point • 4 October, 2018 12:43 AM

What program are you running?

I started with 5x5 and kept with it through my rookie phase until I began to plateau. It's a great starting point and helped me discover where I needed to increase or decrease volumes.

I've been running Mike Matthews's "Bigger, Leaner, Stronger" 5 day/week program with some slight variation in specific lifts and volumes. Each day is built around at least one major compound movement with some accessory work thrown in.

The gist is:

Day 1 - Bench Day 2 - OHP Day 3 - Deadlift Day 4 - Incline Bench/Arms Day 5 - Squat / Leg Press

Abs, shoulders, calves, etc are distributed throughout the week in a way that doesn't make any one day overwhelming.

I've modified things a bit based on some research and my own body's response. For example, my arms are stubborn so I do a lot more work there than the program calls for, but my traps are almost hilariously good despite not working them intentionally at all so I cut out most shrugging. I don't like the squat / leg press combo on one day so I am looking to move one to the OHP day which I find much easier than the other days so it should balance out.

I also watch a lot of Jeff Nippard's videos on YouTube. He is extremely well spoken and his research seems solid. I tried some different variations based on what he recommends and found them to be very helpful. For example, my delts had been lagging behind until I heard him recommend cable lateral delt raises over dumbbell raises. So I tried it and found that I was obviously more responsive to the constant tension applied throughout the movement. Things like that.

After I get off this cut I am probably going to reprogram again, likely with more emphasis on abs this time around, but for now I am sticking with it so I can track my regular lifts to ensure I don't lose strength during the cut.

SIC_redditeruiser • 1 point • 4 October, 2018 01:22 AM

That's solid. I've been thinking I need to start working on my traps. Mostly want to be able to rep 225 BP for 6 reps (can do 1 atm maybe 2) and squat 315 for 4x6. And Jeff Nippard is awesome. I go to his videos for everything and am looking forward to reading his book. Have done dedicated bulking or cutting for a while, but I did for about 2 years and can bulk or cut just by being conscious about what I'm eating and making sure I have enough protein in my system. What're your next lifting goals?

OsmiumZulu[S] • 3 points • 4 October, 2018 01:31 AM*

My 1RMs are:

Bench - 250lbs

Deadlift - 375lbs (no belt, no gloves)

Squat - 265lbs

As you can see my squat is my weak point by far. I went for a long time without making progress due to poor form and lack of core strength. Now that I've sorted those out I am making steady progress, but I really want to get that well to at least 315lbs before the end of the year. Harder to do while cutting but doable. Also- I am curious what I can deadlift once I finally buy a belt and remember to bring my straps to the gym. I know I can lift more but my grip is starting to hold me back.

Otherwise once I hit ~12% BF I am going to head back into a bulk and see where I can get to. My goal for a long time is to join the 1,000lbs club and I'm close to breaking 900lbs, so I'm getting close.

You?

SIC_reddircruiser • 2 points • 4 October, 2018 01:40 AM

You sound like a beast bro ☐ Most of my goals are aesthetic like trying to get a 1:1 ratio on my arm circumference to neck circumference w/~10% bf. But I am also throwing in strength training to increase my 1 RMs: BP 225>225x2, Squat 315>315x6, DL haven't tested a 1 RM for about 2 years (325x5 at the time, but now that I think about I will have to give it a try tomorrow (if I'm guessing I can do 285). Trying to get the Connor Murphy physique ☐ I think it'll be another 2 to 3 years, but we'll worth it!

BornShook • 1 point • 4 October, 2018 02:17 AM

Cable front raises sound interesting. Im gonna give that a try next week (shoulder day was yesterday). my dumbbell raises are super weak, and I feel like Im gonna tear something in my shoulder each time I do them.

OsmiumZulu[S] • 2 points • 4 October, 2018 02:47 AM

Check out this video:

<https://youtu.be/KyTAraGimfE>

The cable movement described at 5:00 was a game changer for me. I broke my shoulder earlier this year so I've had to play around a lot with different movements and this one seems to be a winner.

rocknrollchuck • 2 points • 5 October, 2018 05:51 PM

Hey thanks for that video. I switched my routine to Military Dumbbell Press instead of the barbell, and added cable side raises to my routine as well.

IronMonk48 • 2 points • 10 October, 2018 05:16 AM

Wonderful post. Thank you for this.

OsmiumZulu[S] • 1 point • 10 October, 2018 05:25 AM

No problem, hope it helps to inspire some gains

[deleted] • 3 points • 3 October, 2018 11:57 PM

I agree lifting is good, even great.

At the same time, I think it's not best to use the Bible to somehow support doing squats and deadlifts, I think it's enough to encourage people to do it - just like I would encourage people to be healthy. I know this may not be well-received as people like lifting (so do I!) - but I believe if we use the Bible like this then it supports other people using the Bible for other purposes that are not in the Bible. As far as I see it, I use the Bible to support what Jesus taught / instructed / commanded - there is wisdom throughout and stories throughout, but once you get beyond the purpose of the Christ - it's questionable.

CoachDad9 • 2 points • 4 October, 2018 03:45 PM

You can absolutely use the Bible to support things that are not explicitly mentioned. I discipline my kids with spanking even though the Bible doesn't say "Spank your kids as a form of discipline ye men."

And yes sometimes people use scripture to support silly things but knowing the difference is this crazy word called Discernment.

OsmiumZulu[S] • 4 points • 4 October, 2018 12:17 AM

God, in at least those three places, clearly commands men to be strong. I'm no scholar, but I believe that means that men should strive to be strong. Turns out deadlifts and squats are an efficient way to be obedient to that call.

[deleted] • 1 point • 4 October, 2018 02:31 AM*

Can't argue with that reasoning. I wonder what Jesus 1 rep maxes were.

On the real though, I can't tell if you're being sarcastic about Jesus expecting men to lift weights.

Wait, now I do remember a verse in James: Faith without lifts is dead.

OsmiumZulu[S] • 5 points • 4 October, 2018 02:37 AM

Probably pretty good considering he could endure a scourging and still haul a wood cross up a hill.

rocknrollehuck • 4 points • 4 October, 2018 05:09 PM

I wonder what Jesus 1 rep maxes were.

He deadlifted Death itself. There's nothing heavier than that!

[deleted] • 1 point • 4 October, 2018 08:16 PM

Haha nice

OsmiumZulu[S] • 2 points • 4 October, 2018 02:58 AM

I don't think Jesus expects men to lift weights. I do think he expects men to be strong physically and weights are one way to effectively accomplish that.

The church is comfortable if we limit the command to be strong to mental or spiritual strength, but skittish about the idea that physical strength is included as well. Well, God created men as physical beings intentional and gave us a physical mission (subdue the earth). The new heavens and new earth are physical and we will be resurrected to physical glorified bodies. God seems much more okay with the physical than the church at this moment.

In fact, the idea that the spiritual is good and the physical is bad was a prominent belief in the day known as dualism and crept into the church in the form of Proto-Gnosticism. This is one of the reasons that the preaching we see in the early church was viewed as foolishness. The idea that God would be resurrected into a physical form was seen as lunacy because death was supposed to release one from the immoral trappings of blood and flesh. Yet Christ came back from the dead and specifically emphasized his physical body to his disciples. He ate with them. They touched his wounds.

So no, I am quite serious about the fact that when God calls men to be strong being physically strong is one important facet of that and a facet that is shamefully ignored, downplayed, or rejected in modern churchianity.

[deleted] • 2 points • 8 October, 2018 07:49 PM

I think a good example of this would be King David. God called him a man after his own heart. This is the same man who killed thousands of his enemies in combat. You cannot be weak and still do that.

OsmiumZulu[S] • 2 points • 8 October, 2018 07:50 PM

Exactly.

Also, nice username ☐

[deleted] • 1 point • 8 October, 2018 09:27 PM

Thanks I need to live up to it Im a fat mofo.

[deleted] • 3 points • 4 October, 2018 03:15 AM

I agree with your points. I wouldn't down play strength anymore than I would down play health. We could make a similar argument God wants us to take care of our bodies and be healthy and eating well would be good for us. My central thesis of Christianity would be the things Christ taught, especially loving other as he loved them and loving God. If we are applying that idea by being strong, I think that is great.

I have no issues with your points. I've just seen the Bible used to advance political, racial, financial, selfish, just about ambitions people have and it's does weird me out when the Bible is used to create a command if it doesn't have to do with what Christ said or taught.

Anyway, as I've said multiple times. I agree with your overall points.

[deleted] • 1 point • 8 January, 2019 05:36 AM

I was off the bandwagon for about 1.5 years and did some calisthenics for the last 3ish months, but now I'm back at college with a gym, so today was my second workout! This post was great motivation to set my goals higher, thanks!

I am curious though, what the "halo" and "horns" effects are that you mentioned. Haven't heard those terms.

[deleted] • 1 point • 23 January, 2019 08:46 PM

Do I need to lift if I am already incredibly strong and in phenomenal shape without it? I train Brazilian Jiu Jitsu 3 days a week and it keeps me in really good shape. I used to lift, and was much heavier than I am now. I could bench 300lbs and squat 350. I was 225 at my heaviest point 6ft tall.

Now I am 165-170 and very lean. I never had abs before and since I started I never lost them again. I kept a lot of my strength and muscles so I never started lifting again.

Should I just lift anyway because its better than not? Can I just do light weight stuff, or do you have to go meat head style and work on your bench max etc? Im not really into heavy weights anymore. I don't want to eat a ton and get big either. I really like how I look right now and my clothes fit great.

However, my wife misses my fat butt and wants me to lift... So now that I admit that I assume you will all tell me I have to. But then I feel manipulated into doing something I don't want to do. I want to be properly motivated so I don't quit.

OsmiumZulu[S] • 1 point • 23 January, 2019 11:41 PM

Do you get the response you want from your wife/women? If so, keep doing what you're doing. If not, change something to get it.

[deleted] • 1 point • 24 January, 2019 02:02 AM

I mean straight dudes hit on me, so I think I'm good. However, lifting seems to be so important. I wanted to make sure I wasn't missing something else. Thanks.

Red-Curious • 1 point • 25 January, 2019 07:31 AM

Good answer.

nowyougotdryballs • 1 point • 26 February, 2019 11:33 PM

"Be strong and courageous..." - Deuteronomy 31:6a

"Have I not commanded you? Be strong and courageous..." - Joshua 1:9a

"Be watchful, stand firm in the faith, act like men, be strong." - 1 Cor 16:13

So you're saying strength in this context is more of a physical strength than a mental/"strong will" meaning?

OsmiumZulu[S] • 1 point • 26 February, 2019 11:35 PM

It's a false dichotomy. So far as the spirit is united to the body the two are consistently connected.

nowyougotdryballs • 1 point • 26 February, 2019 11:48 PM

I gotta get back to lifting. Have equipment collecting dust over here. I gotta look up these specific passages and read/understand them a bit more in depth.