

A Meditation for Weightlifters

April 30, 2018 | 5 upvotes | by [Chinchilla_the_Hun](#)

<https://thosecatholicmen.com/articles/a-meditation-for-weightlifters/>

Came across this today. It's a nice, quick read that relates the RP tenant of "LIFT" to the Christian need for an active interior life.

Holiness is not for the select few but a calling for all faithful, just as masculine self-improvement (not the heart of RP, but you get the gist) is the responsibility and expectation of every man.

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Thanks for sharing this. Motivation for lifting is always welcome!