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# Every Body Matters: Strengthening Your Body To Strengthen Your Soul

GARY THOMAS

*Bestselling Author of Sacred Marriage*

## EVERY BODY MATTERS

Strengthening  
Your Body  
to Strengthen  
Your Soul



## Synopsis

Few pastors or Christian writers have dared to approach the subject of how proper eating and an active lifestyle can affect how we serve God. Author Gary Thomas does just that. And he reaches all the way back to the apostle Paul, who wrote that we need to prime our bodies to become, "an instrument for noble purposes, made holy, useful to the Master and prepared to do any good work." To illustrate the body/soul correlation, Thomas presents engaging and diverse stories that include a young mom who got fit through volleyball and reaped spiritual rewards in her marriage, a 300-pound pastor who realized his obesity was eroding his ministry impact, and a woman who gained the spiritual strength to survive a contentious divorce by training for a marathon. In every instance, Thomas makes a direct connection between the physical challenge and its spiritual consequence. This book is a must read for anyone seeking new and compelling motivation for strengthening their bodies and fortifying their souls.

## Book Information

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## Customer Reviews

Both being Medical Doctors - one a Primary Care Physician and one a Foot and Ankle Surgeon - my wife and I were very interested in the subject matter of the book. Gary's research was complete, and his sensitivity and thoughtfulness on a delicate but much too avoided topic was superb. In a culture where 1 in 3 children is overweight or obese, an American dies every 14 minutes from a drug overdose (71% of which are from prescription medications) and there are 18.8 million Americans diagnosed with an often avoidable diagnosis of Diabetes Mellitus II (and another 79

million estimated to be prediabetic according to the ADA), the subject matter of the book is timely and applicable. We were puzzled by another review stating that they were bothered by Gary's apparent theological vagueness. As a graduate of Wheaton College (the Harvard of Christian Schools, as we are known) who has studied under great minds such as Gary M. Burdge (Primary Translator for the New Living Translation's Gospel of John and Author of three books in Zondervan's Ancient Context, Ancient Faith series), John Walton (Primary Translator for the New Living Translation's Book of Isaiah and one of the world's leading authorities on Genesis and Prophetic Literature) and Mark A. Noll (Author of Scandal of the Evangelical Mind and the Francis A. McAnaney Professor of History at the University of Notre Dame) I can say with conviction that Gary's presentation in this book is directly in line with mainstream christian thought, and the theological underpinnings are strong. Both of us being who were are (as Physicians and as Christians), we are always interested in taking "book" knowledge and applying it on the "front lines" of the battle.

If you are on the edge, wondering if you should buy this book-- read this. Gary Thomas, in Every Body Matters has something for everybody: whether you are a fitness guru, or regrettably sedentary. He reveals how the physical is connected with the spiritual, emotional, and mental. I honestly went into this book, thinking that I would not get anything out of it (because I am a fitness nut), but I learned some extremely valuable principles. Although I am a healthy, active, 17 year old, I found out new principles that I can hold on to for the rest of my life. Here is a brief outline of what I picked up from the book, by chapter: 1. "...true grace doesn't kill effort; it motivates and empowers it." 2. The whole man: "...soul and body, mind and heart." "...people whose souls reside in bodies that can hinder or help this [spiritual] pursuit." 3. "Your strength will equal your days." "A weak belief produces weak commitment." "Being unhealthy is being selfish. Being healthy is being loving." 4. In this chapter Thomas explains some of the spiritual benefits of being fit: Fitness has spiritual, emotional, and physical benefits. 5. Here, Thomas explains some of the ways food marketers and producers, trick us into unhealthy habits. 6. In this chapter Thomas tackles the big question of, "Is being overweight a sin?" And explains the subtle dangers of gluttony and sloth. 7. The concept of 'trading food for your years' is introduced. 8. "... the lazy man loses this world and the other, without doing any good to himself or others." 9. "Those who avoid suffering by sinning, sin themselves into worse suffering." 10. "...taking the gospel to the body." 11.

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