

SUNDAY JULY 9, 2017

Series: "Is it okay for a Christian to..."

Message #4: "Is it okay for a Christian to do yoga?"

Speaker: Pastor Mark Brunott

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MESSAGE NOTES:

1. Yoga & its roots in Hinduism:

- If you take a yoga class with **Hindu roots**, it is not okay.
 - Ephesians 6:12
 - Jude 6
 - 2 Corinthians 11:15
 - 1 John 4:1
 - Ephesians 5:11
 - 2 Corinthians 2:11

2. Yoga & the occult:

- A mark of the occult is when someone is placed in contact with supernatural power and paranormal energy of a **demonic** nature.
- Two sources of supernatural power:
 - **God & his angels**
 - **Satan and his demons**
- Satan uses many ways to **engage** us in the forces of darkness.
- Beware of these occult-based practices of Eastern origin:
 - **Feng Shui**
 - **Certain kinds of alternative medicine**

3. Yoga is okay when it is pursued as **physical exercise** only.

Action step from today's sermon:

As you consider your current practices regarding maintaining good physical health, are there any that need to be re-evaluated (or even removed) based on today's sermon?