

**General Topics :: Is Pole Walking An Acceptable Exercise?****Is Pole Walking An Acceptable Exercise?, on: 2014/8/1 19:25**

For the last few weeks I have been waking with trekking or Nordic Poles. Listen to my New Testament as I walk?

Seeing the thread on yoga now I wonder. Is Nordic walking in line with God's will or am I opening up to some demonic elements by using my poles.

So what are some safe spiritual firms of exercise?

Bearmaster.

**Re: Is Pole Walking An Acceptable Exercise? - posted by TMK (), on: 2014/8/2 8:51**

Bear I cant tell if you are being serious or not.

Why in the world would walking with ski poles open you up to demonic elements?

I suppose if you stick to a single wooden staff you are guaranteed to be all right.

But wait-- Gandalf used a wooden staff and he was a wizard.

Never mind.

**Re: - posted by DEADn (), on: 2014/8/2 9:59**

I sure hope you are joking with this question. If it is a genuine question then I should be questioning whether my stressless couch opens up down demonic activity since it came from Norway.

Let's have some common sense about these issues. It seems the more Conservative a Christian get the more the spooks come out to haunt us and then we end up placing ignorant chains around ourselves because of our own fears. Is that the way Christians should be thinking?

John

**Re: , on: 2014/8/2 11:39**

Brothers just wanted to make sure this type of walking is spiritually safe.

I have heard it said that Christian men should not go to a gym to work out because of the temptations of females in terms of what they wear. Or what they don't wear.

Thanks for your input. Not trying to be funny.

Bear.

Hmm wooden staff huh. :-)) I think the disciples walked with those.

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**Re: - posted by sermonindex (), on: 2014/8/2 12:04**

We do live in a pagan culture as the early church did and others throughout history, just because there is a pagan root to something does not make it evil to use or work with.

1 Corinthians 8 New International Version (NIV)

Concerning Food Sacrificed to Idols

8 Now about food sacrificed to idols: We know that "We all possess knowledge." But knowledge puffs up while love builds up. 2 Those who think they know something do not yet know as they ought to know. 3 But whoever loves God is known by God.

4 So then, about eating food sacrificed to idols: We know that "An idol is nothing at all in the world" and that "There is no God but one." 5 For even if there are so-called gods, whether in heaven or on earth (as indeed there are many "gods" and many "lords"), 6 yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live.

7 But not everyone possesses this knowledge. Some people are still so accustomed to idols that when they eat sacrificial food they think of it as having been sacrificed to a god, and since their conscience is weak, it is defiled. 8 But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

9 Be careful, however, that the exercise of your rights does not become a stumbling block to the weak. 10 For if someone with a weak conscience sees you, with all your knowledge, eating in an idol's temple, won't that person be emboldened to eat what is sacrificed to idols? 11 So this weak brother or sister, for whom Christ died, is destroyed by your knowledge. 12 When you sin against them in this way and wound their weak conscience, you sin against Christ. 13 Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

**Re: - posted by sermonindex (), on: 2014/8/2 12:33**

Blaine,

I also did want to say that I am sensitive to certain things and do not desire anything in our home that has occult links or symbols at all. The Lord will give you wisdom, but from my limited knowledge there is nothing wrong with hiking poles. I am glad you are getting good exercise.

**Re: Is Pole Walking An Acceptable Exercise?, on: 2014/8/2 14:41**

The title to this thread is so preposterous that I thought to myself, "surely Blaine has not taken up 'Pole Dancing' and just didn't know how to phrase it properly???"