

BY  
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# 12 WAYS TO HONOR GOD IN THE MARTIAL ARTS



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## On Mission Martial Arts

(407) 207-8484    [OnMissionMartialArts.com](http://OnMissionMartialArts.com)  
1 Corinthians 10:31

- ✓ Are you like me and you love Martial Arts or perhaps have always had a great interest in training in the Arts, even if you never have yet?
- ✓ Are you a Christian, who is committed to following and obeying Jesus Christ?
- ✓ Have you wondered whether those two things go together and, if so, how?

If your answer to these questions is “Yes”.... you’ve come to the right place! My name is Marco Fiorentino, and I am the founder of On Mission Martial Arts and a 30+ year practitioner and teacher in the Martial Arts. I’ve also been a follower of Jesus Christ for more than 45 years and seek to honor and glorify Him in all that I do. I look forward to beginning a journey with you.





Welcome to...

## 12 WAYS TO HONOR JESUS IN YOUR MARTIAL ARTS JOURNEY

Before I begin the list, there is a key foundational verse that has been and continues to be my inspiration for all of life and it's found in the writing of the Apostle Paul in **1 Corinthians 10:31**.

*“So, whether you eat or drink  
or whatever you do, do it  
all for the glory of God.”*

(emphasis mine)



This Scripture tells us that if Martial Arts are worth doing (which of course we believe they are!), and you and I participate in them, we should do it “for the glory of God.”

So, **what does it mean to glorify God or to do something for the glory of God?** That’s a GREAT question – a deep question and maybe one of the most important questions we can ask in our lifetime. I would never claim to be able to 100% answer that question, but I do believe that I can share 12 ways you can seek to do that in your Martial Arts journey.

### **First, though, a little background on the current situation in the Martial Arts world.**

Although it is hard to get exact numbers, about 3-5% of the US Population (and similar numbers around the world) likely participated in Martial Arts training in the past 12 months. Close to that same number of people paid money to watch an MMA (mixed-martial-arts) event on TV. Martial Arts are everywhere in our movies (<https://martialartsactionmovies.com/the-ultimate-list-celebrity-black-belts-martial-artists/>), our TV shows and even our video games.

Some people have said that when you put it all together, Martial Arts is second worldwide to soccer in the impact a sport has on culture. When you add in personal protection activities like bully defense, women’s self-defense, and the like, these numbers only increase.

The Martial Arts business in many areas is growing and becoming more professional and catering to an increased audience as well. For those who are benefiting from the training and for those who are running these studios, it is a great time to be involved.



My view, however, is that many of those who are teaching and training in the Martial Arts are doing so in a context that is explicitly or implicitly based on a non-Christian worldview (Helpful and slightly disturbing information on worldview here (<https://www.barna.com/research/competing-worldviews-influence-todays-christians/>))

Beyond that, an even greater number are espousing what might be called a “personal power” view of Martial Arts - one that says, “If I just believe it, I can achieve it!” This is a very compelling view in our culture today and attracts many, even professing Christians. Against that, as Christ-honoring believers, we would say, “I can do all things through Christ, who gives me strength!” (Phil. 4:13) Strive for excellence, but give credit where credit is due.

The Dutch journalist and theologian, Abraham Kuyper once said: “There is not a square inch in the whole domain of our human existence over which Christ, who is Sovereign over all, does not cry, Mine!” We desire that there are Christ-centered alternatives to the millions out there who want to gain all the wonderful benefits of Martial Arts training, exposing them not to misleading and even dangerous ideas, but pointing them to Jesus during the days, months, and years they are involved with us. To Him be the glory!

**So, here we go with the 12 WAYS...**





# 01

## **Ask the Lord IF He wants you to do Martial Arts in the first place**

Although I believe that involvement in the Martial Arts is an amazing practice with physical, mental, emotional, and spiritual benefits for people of all ages and walks of life, that does not necessarily mean that God wants everyone to do it. As you are thinking about starting (or continuing) your Martial Arts journey, ask Him if He wants you to.

Ask Him for wisdom to make the best choice:

***“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him”  
(James 1:5)***







# 02

## **Ask the Lord WHERE He wants you to participate in the Martial Arts.**

If you are sensing the Lord confirming your desire to begin (or perhaps re-start) your Martial Arts journey, the next question to ask Him, is “where” should you train. This is a very important question because there are a wide variety of dojos (schools) that teach, not only diverse Martial Arts, but also have varied philosophies of what is most important to pass on to their students and what attitudes they want to develop. Now there are even online academies if you can’t find the best physical dojo scenario near you!

The instructors and the other students will also have a significant impact on your Martial Arts experience (for good or bad), so it is important to ask God for wisdom and discernment in this area.

*“As iron sharpens iron, so one person sharpens another.”  
(Proverbs 27:17)*

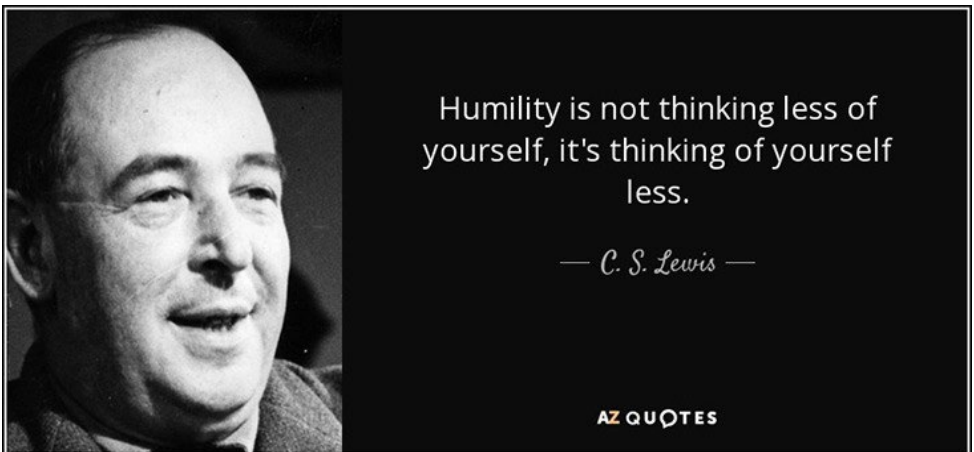




# 03

## Regardless of your experience in Martial Arts, be humble.

One of the great pitfalls in our human experience is that of pride. In the world of Martial Arts, there are, unfortunately, countless examples of pride rearing its ugly head. Look no further than many of the self-promoting, self-glorifying attitudes in most of the well-known competition fighters. In addition, the Martial Arts is filled with those who are constantly comparing themselves to others – striving to be better, tougher, meaner, smarter, faster than everyone else.



Get rid of your need to be better than everyone else. Your only competition should be with your former self. Are you better than you were yesterday? Last month? Last year? That's the competition, not with the other students in your dojo or martial artists from other schools and styles.



Speaking of other “styles,” be humble about your style. Every Martial Arts style has its strengths and weaknesses. If you have a good teacher and a teachable attitude, you can grow and improve in any art. Be open to the strengths of other styles and the weaknesses of your own.

Make sure that you give God credit for any success you achieve in your training, such as a Rank Advancement or competition victory. Remember, He is the one that provided your body, your health, your mind, and the opportunity to train in the Arts. And, He can just as easily take it away!



*“Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God,”*  
*(2 Corinthians 3:5 NASB)*

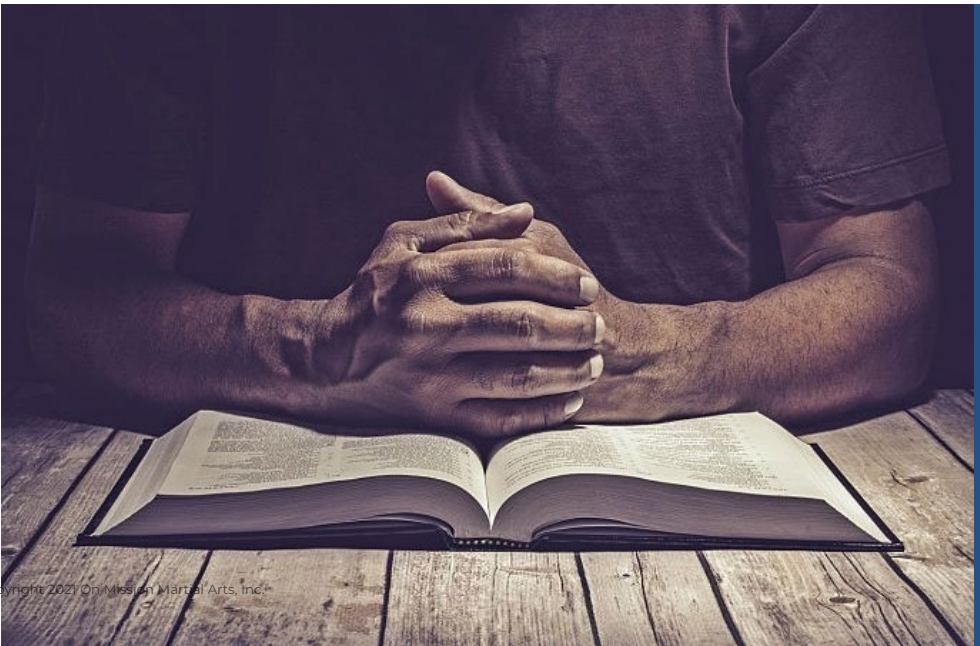


# 04

## **Ideally, your training will incorporate Character development that uses Jesus as the model.**

Character (Greek = “charakter”) is a word that has been translated in the Bible as the phrase “*express image*.” In Hebrews 1:3 and Colossians 1:15 (among other Scriptures) we see that Jesus is our model of Godly character.

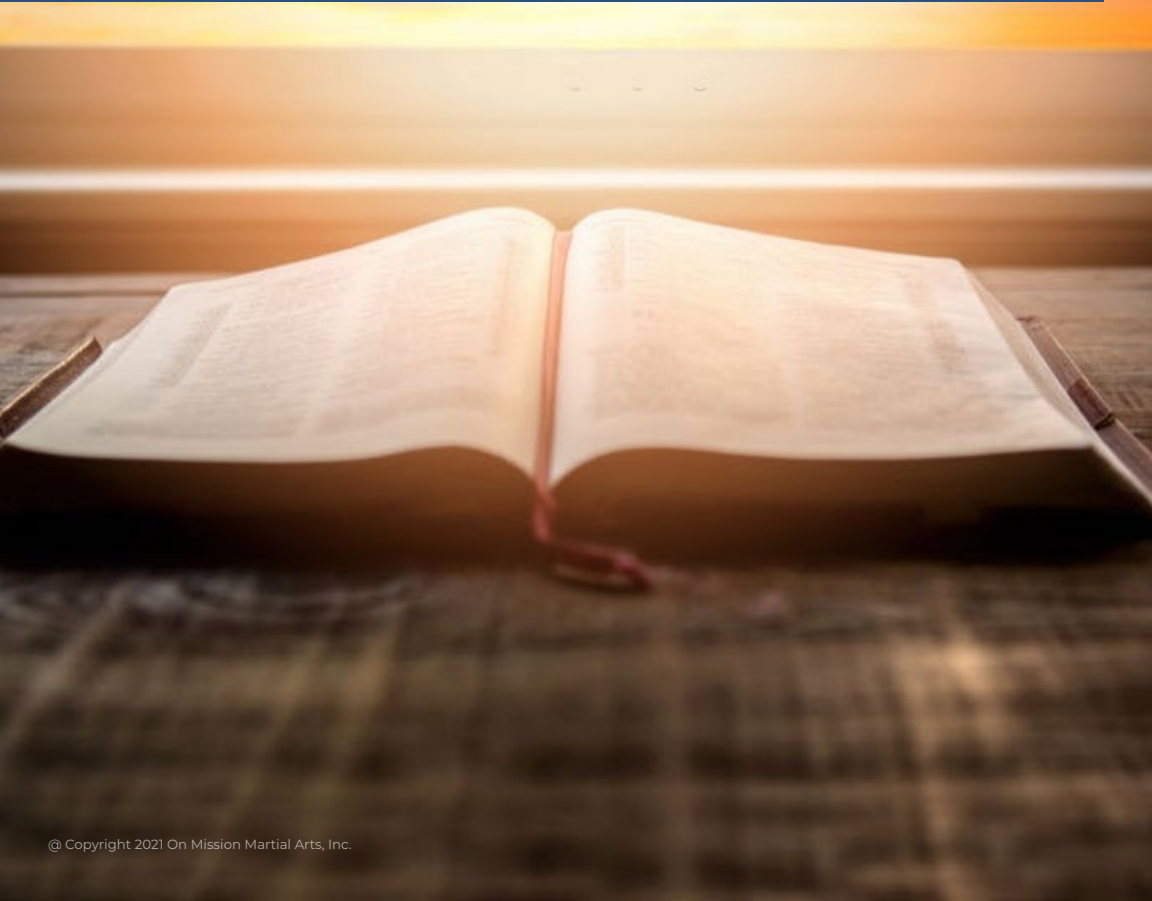
As martial artists we develop abilities and power that require a counterbalance of strong character to avoid abuse. To learn these potentially harmful moves without the context of character development would be dangerous and very irresponsible.





Every Martial Arts program teaches character – whether intentionally or not. Usually, it contains elements of Eastern worldviews (Buddhism, Taoism, Shintoism, Confucianism) or secular humanistic worldviews (“I can accomplish anything in my own strength,” “I am my own god.”) These can, over time, undermine what is being taught in Christian homes and churches.

By relying on Christ as our perfect model of character and the Word of God as our guidebook, we can bring glory to God by reflecting His character. (1 Corinthians 10:31)





# 05

**Use the Martial Arts training to strengthen your body and mind to be an increasingly better steward of those gifts He has given you.**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”*

*~ 1 Corinthians 6:19-20 (NIV)*





The concept of stewardship is found throughout the Scriptures, beginning in Genesis, chapter 1, when God gave man authority to take care of (“steward”) His creation. Charles Bugg’s definition of Biblical Stewardship is a great one: *“Utilizing and managing all resources God provides for the glory of God and the betterment of His creation.”*

The first area of stewardship we will look at is being good stewards of our BODIES. There are a number of areas where we need to take care of this body the Lord has provided us.

## Here are a few key ones:

- ✓ Try to make sure we are breathing the cleanest air and drinking the cleanest water we can.
- ✓ Ensure that we are eating the most nutritional foods we can afford.
- ✓ Avoiding gluttony and mostly avoiding foods that aren’t good for our body.
- ✓ Making sure that we are moving and exercising our whole body (Hint: Martial Arts training!)
- ✓ By the Spirit, controlling urges and temptations that might cause us to sin in our bodies.

Here is an excellent article on this topic we would encourage you to read:

<https://www.challies.com/articles/guard-your-health/>

The second area God calls us to be stewards of is our Minds. There are three aspects of being a good steward of our MIND. The first is actually related to our Self Defense training – we must GUARD our mind! (2 Cor. 10:3-5) The world and culture will constantly be attacking our thoughts, ideas and beliefs, so





we must guard against these un-Biblical perspectives. Not only must we resist the negative, but we must also NURTURE our mind by dwelling on the positive things. Like Philippians 4:8 reminds us, we must allow our thoughts to move toward those things God deems good, lovely, righteous, excellent and praiseworthy.

Finally, we must EXERCISE our mind. We do this by learning about a wide variety of different topics and by studying opposing viewpoints and understanding distinctions between them for example. In a sense, our Minds are like Muscles in that they will get stronger, healthier and more resilient the more we “work them out!”

Find more about this topic here:

<http://thestewardsjourney.com/three-ways-steward-mind-age-deception/>







# 06

**Find a Martial Arts community that seeks to Serve one another inside the community and reaches out to be a blessing to the needy outside the community in some way.**

As an example, one huge thing we seek to champion in our On Mission Martial Arts (OMMA) community is the critical importance of developing a servant heart. We strive to increasingly set aside our selfish desires in order to make much of Christ through the giving of our resources of time, treasure and talent to bless others, especially the neediest among us.

We were created and saved by God to serve Him by serving others.

*“For we are His workmanship, created in Christ Jesus for good works which God prepared beforehand so that we would walk in them.” (Ephesians 2:10)*

*“...to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.”  
(Matthew 25:40b)*



## TAKING IT OUT OF THE DOJO...

Since our inception, OMMA has been sponsoring Group Service Projects where our OMMA community and those in our broader communities can come together to serve others in tangible ways.

One awesome outcome about Jesus' call to service is when we serve others, we not only can be a vehicle of His blessing, but the Lord uses that to change each of us a little more into the Image of our Savior. I would call that a win-win situation!

**love** | John 13:34-35  
Romans 12:10; 13:8  
1 Thessalonians 4:9  
2 Thessalonians 1:3  
Hebrews 13:1  
1 Peter 1:22; 3:8  
1 John 3:11, 23; 4:7, 11-12  
2 John 1:5

**be kind to** | Ephesians 4:31-32

**worship with** | Ephesians 5:19-20

**greet** | Romans 16:16  
1 Corinthians 16:20  
2 Corinthians 13:12  
1 Peter 5:14

**be humble toward** | 1 Peter 5:5

**teach** | Romans 15:14  
Colossians 3:16

**submit to** | Ephesians 5:21

**forgive** | Ephesians 4:32  
Colossians 3:13

**encourage** | 2 Corinthians 13:11  
1 Thessalonians 4:18; 5:11  
Hebrews 3:13; 10:24-25

**lay down your lives for** | 1 John 3:16

**honor** | Romans 12:10

**accept** | Romans 14:1-4, 13, 15:7

**live in harmony with** | 1 Corinthians 1:10  
Galatians 5:25-26  
James 4:11; 5:9  
1 Peter 3:8

**care for** | Isaiah 41:6  
1 Corinthians 12:24-25  
Philippians 2:4  
1 Peter 4:9

**serve** | Galatians 5:13

**bear with** | Ephesians 4:2  
Colossians 3:13

**admonish** | Colossians 3:16

**wash the feet of** | John 13:14

**speak truth to** | Ephesians 4:25  
Colossians 3:9

**belong to** | Romans 12:5  
1 Corinthians 12:24-25  
2 Corinthians 13:11  
Ephesians 4:25

**ONE ANOTHER**

*“Jesus said to them, ‘You know that those who are recognized as rulers of the Gentiles lord it over them; and their great men exercise authority over them. But it is not this way among you, but whoever wishes to become great among you shall be your servant.’”  
(Mark 10:42-43)*



# 07

**Use the Martial Arts as a “picture” of spiritual things and a tool for your spiritual growth and that of those you interact with.**

“Natural things were ordered for types of spiritual things.”  
– Jonathan Edwards

**Here are seven ways this might be accomplished:**

## **(1): Development of WARRIOR SPIRIT**

Spiritually, we are in a battle with the enemy, the world, and our flesh. We need to have the mentality of a warrior as both a martial artist and a Christian. We must be increasingly courageous, fearless, disciplined, persevering, sacrificing and engaged (pressing forward). We must learn to always GET UP, when one of our 3 enemies knock us down. The elite warrior learns how to look below the surface to the intention of the heart.

From a Missions outreach standpoint, this WARRIOR SPIRIT is paramount to success. The warrior trains to be equipped to take ground from the enemy in service of his king. We, in service of the King of Kings need to be equipped to take the



Light of Christ and the message of the love of God into the enemy territory to take back ground for the Kingdom of God!

## **(2): INTEGRITY of BEING**

We are a holistic being, composed of BODY, SOUL & SPIRIT. In whatever way one labels those components, everyone agrees that we have a physical body, we have a mind, we have emotions, we have a will and there is a spiritual component of ourselves that transcends all of these.

Each of these areas affects the other and many things might focus on one or two to the exclusion of others. Martial Arts have always been about HARMONIZING mind, body, and spirit. Christianity should be the same if we are to love the Lord with all our mind, soul, and strength. This is TOTAL PERSON development.

## **(3): A WAY OF LIFE**

Christianity should never just be in the church and Martial Arts should never be just in the dojo. The elements of both are who we are, and they should permeate all our life activities (see #2 above). This is the difference between being “On A Mission” (one-time event) and being “On Mission” (the mission is an essential part of yourself.)

## **(4): SYSTEMATIC & INTENTIONAL, yet FLEXIBLE & YIELDING**

The belt system and structured requirements give an overall



system of growth and goal setting which is often missing from the sometimes “haphazard” discipleship that many times describes what we see in our culture.

To grow in the Martial Arts and as a Christian requires a program that is long-term, has clear objectives and clear methods to get there. It needs to be a program that is “big” enough to last a lifetime. That said, methods should conform to a degree to any person’s natural attributes/gifts to fully enhance their potential. Success lies not in trying harder, but in training consistently.

## **(5): A COMMUNITY of HONOR and RESPECT**

A Martial Arts program, done properly, creates a cooperative learning environment that I believe mimics that of the Body of Christ as is ideally portrayed in Scripture. Students and instructors have a mutual respect. We are all partners in each other’s development and are not in competition with each other. In the Martial Arts, one’s progress is inexorably linked to those in their Martial Arts community. There is a symbiotic relationship. It becomes easier to grow when those in your Martial Arts (and church) community are growing alongside you. “As iron sharpens iron.”

## **(6): BEYOND COMPETITION, BEYOND SPORT**

The Martial Arts, is not, primarily designed for sport or competition. The goal is not to win trophies and tournaments. The goal is to learn how to survive if you must defend yourself or a loved one or another innocent from evildoers who would try to cause harm. Martial Arts have a practical application that goes beyond just the activity itself. It needs to be practical,



pragmatic, and realistic - designed for the street not the ring, because our very life or the lives of those around us may depend on it. Like Martial Arts (and infinitely more so), people need Christ because their very eternal destiny hangs in the balance.

It is not a game to see who can “ring up” the most souls. It is a life and death, heaven and hell struggle played out in our temporal realm, but with eternal consequences. It is critically important.

## **(7): SERVANT LEADERSHIP**

Both Christianity and the Martial Arts, done properly, should develop a deep-rooted confidence and fearlessness, yet a humility that realizes our true place in the grand scheme of things.

Great martial artists are humbled by the fact that the more they learn, the more they realize how much they still have to learn and by the fact that there is always someone out there who is better. Mature followers of Christ realize that they are nothing without Him and that even our faith is a gift from God. In both instances, humility is often learned through trials and tests. As we grow in skill and knowledge, to be true leaders in the church or in the dojo, humility **MUST** accompany these things, or our pride will eventually be our downfall.



# 08

**Use the concept of “physical self-defense” to be a picture of the very real spiritual battles that rage around each of us all and to better understand the Biblical teaching on “spiritual self-defense”.**

At On Mission Martial Arts, we use the phrase “AWARE – EQUIPPED – ENGAGED” to help us see the parallels between certain aspects of physical self-defense and how those might carry over into giving us a better perspective of Biblical ideas related to spiritual “self-defense.”

The first word of the three, AWARE, has a few meanings for us to consider. One, we need to be AWARE of the kinds of attacks that exist out there, so we can better prepare for them. For example, we need to know that a bad guy could try to strike us with his hands, grab us or attack with various weapons. We need to be AWARE of our surroundings and when and where a threat is more likely to materialize. We need to be AWARE of our strengths and weaknesses, so we can know how to address them and grow.

Likewise, spiritually we must be AWARE. We need to be AWARE of our enemies (the Flesh, the World and Satan) and the types of spiritual attacks they may seek to bring against us (deception, distraction, fear, doubt, discouragement,





and despair) so we can be better prepared to defend against them, in Christ. On a positive side, we need to be AWARE of the promptings of the Holy Spirit that will lead us to opportunities to minister to others and to share the Good News with people we encounter. We need to be aware of and prepared for, in Christ, the spiritual battles (versus our Flesh, the World and Satan) we will certainly face as a follower of Jesus and the spiritual opportunities to be a blessing to those around us!

The second word of the three, EQUIPPED, builds on our being AWARE. Once we are AWARE of the potential threats and enemies we face and AWARE of the methods we can utilize to defend against the threat and prepare ourselves for whatever we may face, we then train to become EQUIPPED! Being EQUIPPED means having the skills, ability, and knowledge to achieve





success in what we must face on our journey of life.

Whether that is being trained to defend ourselves or another person from a physical attack or share the Gospel of Jesus Christ with someone who is seeking, we must TRAIN for the event before it happens if we desire to be fully EQUIPPED! Just as the Martial Arts training we undertake is our best tool to equip ourselves for self-defense situations, the Holy Scripture is our best tool to equip ourselves for so many situations we will face in this world...so, train hard at the Dojo and train hard in your study of the Word!

The third word of the three, ENGAGED, is the application of the first two. We are AWARE of the threat or opportunity, we have been trained to respond correctly, but we still must TAKE ACTION. "Engaged" means, as Nike says, "Just Do It!" The Chinese Character shown here is the one for "Do." We must learn, train, and DO!



A big part of this ability to take action is Courage. We may be perfectly trained to defend an innocent person being attacked by an evildoer but be too afraid to step forward and protect them with our skills.

In a spiritual context, we may have trained ourselves to share Scripture with another person who needs encouragement from God, or even the very Gospel message, but we are fearful of how they might respond. To be able to ENGAGE, we need to be bold and courageous. Let us ask the Lord to make us bold and courageous & remember that we can be courageous because He is always with us! (Joshua 1:9)



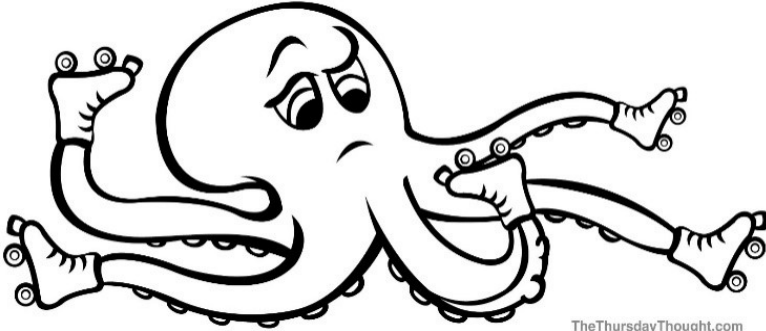
# 09

## **Find a Martial Arts community that strongly emphasizes growing in the Spiritual Disciplines, especially those of Scripture and prayer.**

One benefit most people who train in the Martial Arts are looking for, either for themselves or for a child, is improved discipline. It is something that everyone seems to want to have more of. For good reason – people who are successful in all areas of life are those who have disciplined themselves in one way or another. Disciplined people have more stability, control of impulsive behavior and focus.

Motivational speaker, Jim Rohn, said that *“Discipline is the bridge between goals and accomplishment.”* Whether one’s goal is to be successful in school, their career, to earn a Black Belt or to become more like Christ Jesus (by His grace and in the power of the Holy Spirit), discipline is the bridge we must all walk across to accomplish those things

Without this discipline in our lives, the reverse is true. H. Jackson Brown Jr., once said, *“Talent without discipline is like an octopus on roller skates. There’s plenty of movement, but you never know if it’s going to be forward, backwards, or sideways.”*



In battling against our natural inclination to be lazy, slothful and undisciplined, the Christian Martial Artist purposes to discipline (train) themselves physically in the Dojo. They do so in order to achieve the Martial Arts objectives of the Black Belt. But, even more critical is the purposing to, as the Scripture in 1 Timothy commands, discipline (train) ourselves for godliness. When we have an amazing GOAL that we are striving for, discipline doesn't have to be drudgery, but joyful! What greater goal can we have than becoming more like Jesus? The Spiritual Disciplines are the God-given methods we use to become spiritually "fit!"

The TWO KEY DISCIPLINES for growth in Christlikeness are BIBLE INTAKE which includes hearing the Word of God preached/taught, reading the Word, studying the Word, memorizing the Word, meditating on the Word, and applying the Word and PRAYER. The foundation of our Christian disciplines must be these two things! Our transformation from where we are, to where we want to be, begins here.

In a spiritual context, we may have trained ourselves to share Scripture with another person who needs encouragement from God, or even the very Gospel message, but we are fearful of how they might respond. To be able to ENGAGE, we need to be bold and courageous. Let us ask the Lord to make us bold and courageous & remember that we can be courageous because He is always with us! (Joshua 1:9)



# 10

## Strive to be a Peacemaker, not one who creates conflict

“Peace over Power”

*“Blessed are the peacemakers, for they shall be called sons of God.” (Matthew 5:9, ESV)*

In the Dojo, we have a large picture of my hands in what we call the “Peace over Power” position (see image). This is a reminder to all of us, every time we train, that even though we are learning combat skills and developing the ability to hurt or even seriously injure an opponent, our first response is to choose the peaceful way out. No matter how adept we are in the Martial Arts, or no matter how serious the situation we find ourselves, the non-violent way is always the preferred outcome. Sometimes, however, our enemy gives us no choice, and in those cases, we choose to fight, and if we choose to fight, we have trained to survive!





When Jesus was arrested in the Garden of Gethsemane, He had the choice to “fight” or to go peacefully. Even though He was betrayed by a close companion (Judas), unjustly arrested and had the divine power to summon “more than twelve legions of angels.” (Matthew 26:53) There was enough power at our Lord’s disposal (72,000+ angels) to destroy not only the Roman soldiers in the Garden that night, but probably every human on the face of the planet! Nevertheless, Jesus surrendered the option of force and surrendered to what was His eventual death by crucifixion. Of course, in this case, Jesus’ very purpose was to create a way, by His blood, for all mankind to be reconciled back to God. Without His choosing peace over power in the Garden, none of us would have had a hope of being reconciled to God or leading others to that same reconciliation!

***“To be prepared for war is one of the most effectual means of preserving peace.”***

– General George Washington

***“Only a warrior chooses pacifism; others are condemned to it.”***

– Unknown

***“If it is possible, as far as it depends on you, live at peace with everyone.”***

– Romans 12:18, NIV





# 11

**Continually recognize and remember that you have not yet “arrived”, but be teachable and daily anticipate the growth God is working within you.**

*“Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (Philippians 3:13-14, ESV)*





The Apostle Paul was a pretty accomplished guy – very intelligent religious scholar and lawyer. He was a leader in the Jewish community of his day and passionate about his faith, both before and after his miraculous conversion. The Holy Spirit was pleased to use Paul to pen almost half of the New Testament and to build the church throughout the world of that day. An Apostle, teacher, preacher, pastor, theologian, author and, eventually, martyr for the Lord Jesus Christ. Wow, what a résumé!

Yet, despite all of those credentials and accomplishment, Paul was astonishingly humble and had a clear picture of his unworthiness and his position before the King of Kings and Lord of Lords. He progressed from a proud Pharisee to a humble servant of Jesus Christ. “What turned a once proud Pharisee into a humble apostle of Christ? It was Paul’s understanding of the grace of God. He understood God’s grace to be more than undeserved favor. He saw himself not just undeserving but ill deserving. He knew that in himself, apart from Christ, he fully deserved the wrath of God. Instead, he had been made a herald of the message he once tried to destroy. That is why he followed his assessment as the least of the apostles by the statement ‘but by the grace of God I am what I am’ (1 Cor. 15:10). That is why he would say, ‘To me, though I am the very least of all the saints, this grace was given’ (Eph. 3:8). He saw himself as a prime example of the grace of God, and his theology of grace produced his humility.”

<http://www.ligonier.org/learn/articles/least-apostles/> )

In the Martial Arts, there’s a saying: You spend a few years working your way from White Belt to Black Belt and then decades returning from Black Belt to White Belt. The idea here is that, physically, after years of tying and untying your Black Belt it gets worn and slowly returns to White. The physical



belt represents the idea that as we grow in our knowledge and understanding of the arts, we realize how little we truly know and how much more there is to know and learn and understand...we are all beginners – some of us have just been beginners longer! How much more so in our walk with Christ.

May we, like the Apostle Paul, by the grace of God, grow in humility and a teachable spirit as we experience more of the greatness and love and mercy of our incredible, Sovereign Lord!





# 12

## **Avoid those areas that are in opposition to a Christian worldview**

Up to this point, we have been describing things that you want to exist in your Martial Arts experience that will honor and glorify God. For this final area, we will focus on those things that should NOT be a part of your Martial Arts training if you want to glorify the Lord. These are areas in direct conflict with a Biblical worldview and will be dishonoring to God.

Christians at times express concerns about participating in the Martial Arts. Some of these concerns are not necessarily valid or come from misperceptions of the arts. Others, however, are very valid, and thus should not be a part of the life of the Christian martial artist. There are four specific beliefs that some Martial Arts instructors, systems or organizations promote (explicitly or implicitly) and MUST be avoided:





- **ONE:** “I can do anything in my own personal power.”

**Instead** *“I can do all things through Christ who gives me strength.” ~ Philippians 4:13.*

- **TWO:** “I need to empty my mind in meditation.”

**Instead** *“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” ~ Joshua 1:8.*

- **THREE:** “I need to revere my Sensei as more than human.”

**Instead** *“Neither be ye called masters: for one is your Master, even Christ.” ~ Matthew 23:10.*

- **FOUR:** “I need to utilize Eastern religious beliefs and techniques in my training.”

**Instead** *“You shall have no other gods before Me.” ~ Exodus 20:3.*



## CORAM DEO – “Before the Face of God”

One day, the Bible tells us, we will each stand before the Throne of Almighty God, face-to-face with Him (Romans 14:12). When we are there, He is not going to be interested in whether we were a White Belt, Black Belt or Grandmaster. He’s not going to care whether we were the toughest or most skilled fighter or had the highest side kick. **What He will care about is whether we sought to obey, love, and honor Him in whatever we did,** Martial Arts included, and did we love those whom He brought us in contact with during our Martial Arts journey.

When I founded On Mission Martial Arts back in 2005, my God-given desire was to create a place where people can, joyfully and with excellence, train in Martial Arts, while simultaneously striving to make much of Jesus Christ in so doing.

We are not perfect, and this list of 12 things is not comprehensive, but our heart is to increasingly improve in all the areas listed above, for the good of our Martial Arts community, all those we impact and, ultimately, for the glory of our Amazing God!

If you’d like to explore whether On Mission Martial Arts might be a Christian Martial Arts community for you or your loved one, please reach out to us to see if we are a good fit for one another. If we can pray for you as you think through these decisions, please let us know. It would be our privilege to come alongside you in prayer as you seek God’s guidance.



## **QUESTIONS?**

– Send us a message at this link:  
<https://onmissionmartialarts.com/contact/>

## **PRAYER NEED?**

– Our active prayer team would be honored to pray:  
<https://onmissionmartialarts.com/prayer-needs/>

## **READY TO BOOK A FREE TRIAL CLASS AT ONE OF OUR PHYSICAL LOCATIONS?**

Click the link to register:  
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## **NOT NEAR OUR DOJOS? CHECK OUT OUR ONLINE ACADEMY AND TRAIN FROM ANYWHERE:**

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