

Warriors for Christ

We live in a broken, messy, challenging world. Daily we have to armor up to survive. This is a chance to take a deep look at a few postures that find their way into a large percentage of flows. Why we do them and what they do for us. Just how do they connect to God's armor as we take them off our mats and out into life.

Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:10-18 NIV



Warrior 1 - Shield of Faith

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Eph 6:16

A strong back, a forward stance. Prepared to hold up the shield and defend the self and loved ones from the attack of the enemy.

Benefits-

- Builds strength in legs while opening hips and chest. Stretches the arms and legs. Develops concentration, balance, and increases feelings of being grounded. Improves circulation and respiration and builds energy in the body.

How To-

- Stand tall at the top of the mat. Take a big step back with your left foot. Let the back heel spin down to meet the ground and put a deep bend into the front knee. Stack the shoulders over the hips, tuck the ribs in towards the backbone. The shoulders are down away from the ears and the arms can reach up overhead.



Warrior 2 – Sword of Spirit

...and the sword of the Spirit, which is the word of God. Eph 6:17b

Open and ready to lunge, parry, and wield the sword.

Benefits-

- Builds strength in the legs while opening the hips and chest. Improves circulation and respiration, develops concentration feelings of being grounded and balance. Energizes the body.

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How To-

- Stand tall at the top of the mat. Take a big step back with your right foot. Allow the back heel to meet the floor. Put a deep bend into the front knee. Turn the torso towards the inner thigh side of the front leg. Keep the shoulders directly over the hips and the ribs drawn in towards the spine. Reach the arms out long, draw the shoulder blades together, and down away from the ears.



Reverse Warrior - Breastplate of Righteousness

...with the breastplate of righteousness in place. Eph 6:14b

And open and revealed heart. Protected by the Lord. Open to receive from the Lord.

Benefits-

- Stretches the side of the torso and arm while opening the hips and building strength in the lower body.

How To-

- Stand tall at the top of the mat. Take a big step back with your left foot. Let the heel of the foot spin down to meet the earth. Put a deep bend into the front knee. Turn the torso to the inner thigh side of the front leg, inhale lengthen the spine, exhale reach back towards the back leg.



Retreating Warrior (aka flying monkey) - Feet/Shoes of Peace

and with your feet fitted with the readiness that comes from the gospel of peace. Eph 6:15

Light, floating. Ready to move and take action.

Benefits-

- Increases flexibility, strength and balance. Creates deep hip opening.

How To-

- Face the long edge of the mat with the feet wide. All ten toes point to the mat edge. Inhale lengthen the spine, exhale forward fold. Inhale lift about halfway. Shift the weight over into the left foot, bend the knee deeply. Sink the hips as low as you can with the heel in contact with the ground. Allow the toes of the straight leg to point up towards the sky.



Humble Warrior - Helmet of Salvation

Take the helmet of salvation... Eph 6:17a

Bowed forward. Submissive yet strong. We cannot do any of it on our own, only through our salvation in God can we stand a chance.

Benefits-

- Builds a foundation for stronger limbs. Increases flexibility and muscular strength as well as feelings of being stable grounded and confident. Enhances circulation towards the head. Decreases anxiety and stress.

How To-

- Stand tall at the top of the mat. Step back with your left foot. Allow the back foot to spin down to meet the floor. Put a deep bend into the front knee, stack the shoulders over the hips. Keep the spine long and interlace the fingers behind the back. Inhales lengthen the spine, exhale forward fold, the torso is inside the front leg. The hands can remain at the tailbone or can float up towards the sky.



Warrior 3 - Belt of Truth

Stand firm then, with the belt of truth buckled around your waist... Eph 6:14a

An activated core. The belt wraps around the middle, the middle supports the body and is the stabilization for all movements, just as the belt holds it all together.

Benefits-

- Builds strength in the legs and arms while stretching the torso spine and shoulders. Increases stability and balance. Tones the abdominal muscles. Increases self-confidence, courage and grounded feelings. Decreases fear and anxiety.

How To-

- Stand tall at the top of the mat, hands at prayer at the heart. Press the right foot firm into the ground. Lift and lower all five toes. Inhale drive the left knee forward. Exhale hinge at the hips and extend the left leg behind the body. Keep the spine long and the hips square to the ground. Once the leg is extended flex the foot, let all five toes point to the ground. To increase balance challenge, extend the arms forward.

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