



**ICDF**  
*International Christian  
Dance Fellowship*

**Fitness,  
Well-being &  
Movement  
Meditation  
Network**

## ICDF FW&MM Network Newsletter • January 2018

*We're all about fitness & dance-fitness classes that bless us completely— body, soul & spirit!*



**From Sharon Ereaux, Network Coordinator:** I've been very blessed by opportunities to teach here in Sydney and further afield. The connections in the Christian dance world are so precious. And the Lord's people are linking up all around the globe for His good purposes! These photos are of a circle dance at our 'Dance for Fitness' workshop during ICDF's Christian Dance Week, May 2017.

Recently, a young Mum was at my Wednesday morning class for the first time. We don't normally dance for a warm up – it's PraiseMoves– an alternative to yoga, but the two ladies who came that day had each brought their little daughters along and these toddlers were having a little bit of trouble settling to leave their Mum free to join in the class. So we started with a simple Harmonics dance, hoping the little ones might enjoy watching and maybe even join in. The

### *The Fitness Well-being & Movement Meditation Network*

- ✓ Promoting Christian values for fitness – not appearance, nor competition, nor money, but fitness for a higher purpose.
- ✓ We can help new instructors get started.
- ✓ We share resources and inspire each other.
- ✓ We seek to encourage health and fitness in the Christian community.
- ✓ We boost an ordinary exercise class by incorporating prayer, fellowship and movement to Scripture.

Mum who was there for the first time commented afterwards with a smile in her voice, ‘I haven’t danced since I was a child!’ She enjoyed it and the girls, though they only joined in a little, cheered up and settled down. What an honour to be able to bring the joy of dance back to people.



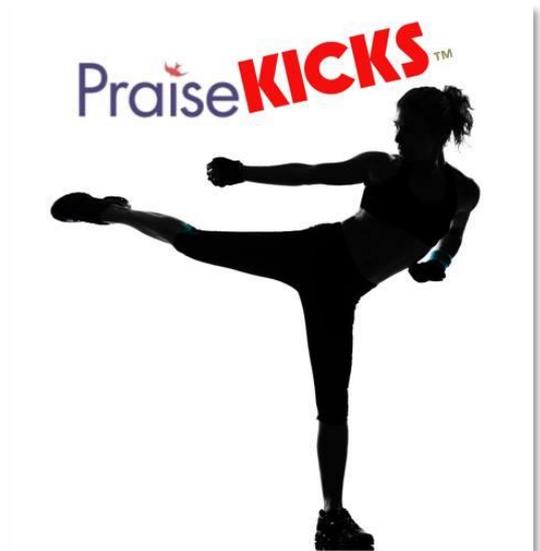
Sharon Ereaux teaching PraiseMoves for the CDF Fiji conference. This is the Prayer Warrior posture: we say “... the effective, fervent prayer of a righteous man avails much. James 5:16”. July 2017.

**Christian fitness classes** don’t have to be complicated. It might be just a group that meets together to walk and talk, stretch, share life and encourage each other in their faith. A leader of a class might have a group exercise instructor certification and be able to lead the group through cardio and strength based exercises. Or then there’s established programs with online training, like CaraMayan, PraiseMoves or Wholyfit.

Fitness is essentially about moving our bodies in the ways we want to be able to move. If we want to be strong to lift and carry things, then we do that regularly. If we want to be able to walk,

run, dance, cycle, iceskate or throw a ball, then we do those things regularly. Movement is innately joyous. Maintaining or improving our ability to move is always rewarding. And fitness can be fun! Sometimes it’s surprising what we find that we can enjoy.

Last year I had the privilege of learning the PraiseKicks fitness program. It’s aerobic kickboxing – meaning, kicking and punching just into the air. I like it more than I thought I would. The Bible verses we speak out loud with the movements are all about strength and spiritual warfare. I felt a sense of the boldness of the movements and the words. When I shared some with the workshop group in Fiji, at the CDF Fiji conference (July 2017), the group also seemed to get right into the energy of it. So much so



that some of the guys tried their PraiseKicks moves on each other – gently I’m sure, but there’s a perfect Bible verse for that scenario – ‘for we do not fight against flesh and blood’. We have a real enemy, though he’s unseen. He does seek to steal, kill and destroy and we truly want to be equipped for the battle. PraiseKicks is great for that. I just need to find some young people who will be able to teach it much better than me. At 39, I’m not sure I’ll ever want to teach a whole class of it! But, I can show some in workshops, and I’ll be on the look out for future instructors.

### *Network Member Profile*

**Jessica Guthrie is the creator of the PraiseKicks program, a member of the FW&MM Network and a PraiseMoves (alternative to yoga) and Mira Dance (alternative to Zumba) Instructor.**

#### ***Jess, what did you do before starting with PraiseMoves?***

Before starting PraiseMoves I was a stay-at-home mom. I grew up in the southern United States, studied Communications in college, and married my college sweetheart before I graduated.

After our second child was born prematurely, I decided to stay home and I loved being with my kids full-time. A friend of mine actually introduced me to PraiseMoves as a young mom trying to lose pregnancy weight. But I didn't truly get involved in the workouts until several years later after we had moved across the country. My kids had both started school and I was looking for a new way to serve the Lord while also doing something I enjoyed. That's when I discovered that I could train to become a PraiseMoves Instructor. It seemed like the perfect fit, as I had always felt led to teach in some capacity.

#### ***What do you think are the best things about being in the Christian fitness ministry?***

One of the best things is how it enriches my own spiritual life. Being in a position of leadership brings a responsibility and accountability that I wouldn't have otherwise. I know that my students are watching me, and I want to be an approved workman in the Lord. In every PraiseMoves class we speak aloud many scriptures, so preparing for class means that I'm studying those scriptures a lot. Memorizing Bible verses used to be difficult for me, but nowadays I have so much more of God's Word written on my heart. Another great thing about serving in the Christian fitness ministry is all the amazing brothers and sisters in Christ I get to cross paths with. Some of the highlights of the last few years for me have been attending the annual PraiseMoves conference - I am always so



*Jessica Guthrie presents PraiseKicks certificate to Sharon Ereaux. Oklahoma, USA. June 2017.*

refreshed and encouraged by the fellowship we have together. Being around others in the body of Christ who are like-minded and have a similar calling is invigorating.

### *What led you to develop the PraiseKicks program?*

The idea for PraiseKicks came from a conversation I had with PraiseMoves founder Laurette Willis. We had been discussing several ideas for expanding the offerings of the ministry, and kickboxing was an idea we both got excited about. I felt so honored that she would ask me to help put the curriculum



*The first group to train as Certified PraiseKicks Instructors. Oklahoma, USA. June 2017.*

together. Once I got going with it, it became a labor of love... it didn't take long for me to realize the impact these types of classes could have in the spiritual realm. PraiseMoves students are already aware of the power of God's Word being spoken aloud; and this unique way of wielding the Sword of the Spirit along with the empowering movements of kickboxing have a way of making spiritual warfare more real. I've learned how important it is for us to be sober and alert, intentionally fighting against the enemy of our souls. And PraiseKicks gives me another way to do that - resist the devil & he WILL flee! (James 4:7-8)

### *Lastly, what would you say to someone considering the Christian fitness ministry?*

I'd love to encourage anyone who's considering teaching within a Christian fitness program. It's one of the best decisions I've ever made. Not only has my relationship with God grown, but so has my earthly circle of friends. I get to bond with other like-minded teachers, meet new friends all the time in my classes, and I get to have fun doing something active. There is a level of responsibility that comes with it - but I have found that my Lord has never once let me down. He empowers me to lead, and He has blessed me in every single class I've taught. It is such a joy to be a part of pointing others to Christ in such a fun and unique way.

**Network with us online.** Our ICDF Networks blog page:

<https://icdfnetworks.wordpress.com/category/fitness-well-being-movement-meditation/>



Our FW&MM Network facebook page:

[www.facebook.com/ChristianHolisticFitness](http://www.facebook.com/ChristianHolisticFitness)

A private facebook group:

<https://www.facebook.com/groups/228344934245070>

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