

151126 Thursday "Thanksgiving Lift"

Pro 29:15

The rod and rebuke give wisdom, But a child left to himself brings shame to his mother.

It is a disservice to anyone to ignore discipline particularly to a child. Children left to fend for themselves will, but will always stray from the truth. Train your children and invest time in them. They will be whom you answer for in heaven.

"Samson's Gaza Gates"

Judges 16:1-3

WHEN IT WAS TOLD TO THE GAZITES, SAYING, "SAMSON HAS COME HERE," THEY SURROUNDED THE PLACE AND LAY IN WAIT FOR HIM ALL NIGHT AT THE GATE OF THE CITY. AND THEY KEPT SILENT ALL NIGHT, SAYING, "LET US WAIT UNTIL THE MORNING LIGHT, THEN WE WILL KILL HIM." NOW SAMSON LAY UNTIL MIDNIGHT, AND AT MIDNIGHT HE AROSE AND TOOK HOLD OF THE DOORS OF THE CITY GATE AND THE TWO POSTS AND PULLED THEM UP ALONG WITH THE BARS; THEN HE PUT THEM ON HIS SHOULDERS AND CARRIED THEM UP TO THE TOP OF THE MOUNTAIN WHICH IS OPPOSITE HEBRON.

HEBRON IS MORE THAN 20 MILES FROM GAZA, TO THE TOP OF THE HILL. THE GATES, INCLUDING, BARS, POSTS, BOLTS, AND HINGES COULD HAVE HAD AN ACCUMULATED WEIGHT OF 10 TO 20 THOUSAND POUNDS BASED ON THE MATERIALS AND SIZE OF FORTIFIED CITY GATES IN THAT TIME. NOT POSSIBLE? THE BIBLE SAYS IT AND I BELIEVE IT. WHAT ABOUT YOU?

HERE'S A GREAT TEST OF STRENGTH THAT IS DOABLE. HAPPY THANKSGIVING

"GAZA GATES"

- 1 PUSH PRESS @ .75 BODY WEIGHT
- 2 BACK SQUATS @ 1.5 BODY WEIGHT
- 3 BENCH PRESS @ 1.5 BODY WEIGHT
- 4 DEAD LIFTS @ 1.5 BODY WEIGHT
- 5 POWER CLEANS @ .75 BODY WEIGHT

SET UP 5 BARS WITH THE ABOVE WEIGHTS AND BEGIN THE PROGRESSION. SCALE LOADS FOR SKILL AND STRENGTH. COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES.

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17