

"STRETCHING IS THE BEST EXERCISE"

A Sermon By

Rev. Philip A. C. Clarke

Park Avenue United Methodist  
Church  
New York, New York  
October 24, 1982

## "STRETCHING IS THE BEST EXERCISE"

TEXT: "Brethren, 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)

### INTRODUCTION

A number of years ago I happened to observe my somewhat inelegant profile in a mirror. I didn't like what I saw and resolved right then and there to get in shape. I made up my mind to start exercising every day and began a discipline that would soon bring me back to perfection. And so the next morning I threw off the covers, jumped out of bed and began doing a few sit-up exercises. I said to myself, "This is the first day of the rest of my life and I'm going to spend it with a smaller waist." I did better with those sit-ups than I thought I would - for about two weeks. I felt good about myself, as the saying goes.

But one morning starting to get up off the floor, I felt this sharp pain in my back. I had pulled a muscle. I could hardly straighten up. But I didn't think much about it. After all, you have to play hurt in this life and I knew that it would soon go away. It didn't.

Several days later a friend by the name of Al saw me wince as I eased myself out of a chair in the lounge at the Health Club where I had taken out a membership in the meantime. Now my friend, Al, is in excellent shape. It's disgusting. Al not only eats junk food, he over-eats junk food and he still runs marathons. He asked me what happened and I told him my story. He then delivered me his lecture on physical fitness. He pointed out how the old exercises like push-ups and sit-ups are now considered passe. He said, "stretching is the best form of exercise."....those aerobic exercises the kind we enjoy watching on Cable TV.

Well I've never forgotten that bit of advice he gave me. I haven't done as many push-ups or sit-ups since. And before going out to jog I always spend a bit of time stretching...and a little bit of time after. "Stretching is the best form of exercise". I like that bit of advice and felt it might serve as a theme for today's marathon sermon.

### DEVELOPMENT

Turning to the Scripture lesson for this morning, we find that Paul is writing to his Philippian friends not about stretching muscles in a stationary exercise, but about the Christian life. He says it's like running a race in which you are stretching forward, always straining, always moving, always exerting yourself, always reaching for the tape ahead of you. Listen to his words again,

"Forgetting what lies behind, straining forward to what lies ahead, I press on toward the goal of the prize of the upward call of God in Christ Jesus".

This vigorous athletic metaphor of the religious life has always appealed to me as it has to many of you and I want to bring you a very simple message this morning from it. Stretching is the best form of exercise, not just for the body, but for the spirit as well.

One way to look at our heritage from the Bible, the Judeo-Christian tradition, is that we have a religion of stretching. Other religions may be characterized as religions of sitting. For them the good life is the life of contemplation, the life of turning inward, a life of meditation, a life of transporting oneself estatically out of the physical world into another dimension of spiritual reality. That's the religion of sitting.

But the tradition that we have received through the Bible is the tradition of stretching, of moving on toward the goal, continuing to become better persons than we are - always growing, always maturing. In the Old Testament that goal is called, first of all, the Promised Land, and then in the New Testament we speak of it as the Kingdom of God, and the upward call of God in Christ Jesus, our Lord.

#### SHAKERS AND MOVERS

We've all heard the term "Shakers and Movers". Now-a-days it's a term that refers to the big shots who have power and who make all the decisions. Look over the papers and you'dl see the names of a few "shakers and movers". But it's also a description of the relationship between God and His people - the Israelites, in the Old Testament. God shakes and they move. That's the way they interpreted their history. They were always satisfied with the achievements that they had reached at that point in life and wanted to settle down and be comfortable. And God kept shaking them up through the events of history. He wanted them to keep moving, to keep stretching and straining toward the goal that He had in mind for them - the Kingdom of God.

And Jesus does the same thing for us in the New Testament. He gave us a standard for life that will not allow us to settle down. He did that in the model of His own life. The writer of the book of Hebrews calls Him "the Pioneer of our faith" that is to say, He is the one whom we are to follow, which means that we will never sit still.

Then He Himself said, "Be ye perfect even as your Heavenly Father is perfect." Now I see a lot of people who stumble over that. They can't believe that Jesus really said that. It's unreasonable. Nobody is perfect. Why would Jesus ever tell us to become something that we could never possibly attain. It will just make us more neurotic. We have enough trouble living with the guilt we already have in this life without Jesus telling us that we have to be perfect. Why does He do it? I believe He does it so that we will always be stretching, always keep moving, and growing and maturing, so that we would finally be able to say with St. Paul:

"Not that I have already obtained this where I am  
already perfect, but I press on to make it my own  
because Christ Jesus has made me His own."

You see, Jesus really got through to Paul. Jesus gave Paul a goal in life that he would have to be stretching toward all of his life. That's why Paul is saying he's always pressing on toward the goal, always moving toward the "upward call of God in Christ Jesus". And that, I want to suggest to you this morning is what it means to be a Christian. I have a goal that will keep me busy and moving for the rest of my life.

#### IMPROVE SOCIETY AND MAKE IT A BETTER WORLD

First, I think that means that we will always be trying to improve the society in which we live. We'll always be trying to make this world a better world, this city a warmer, more human place in which to live.

This past week I attended a convocation on preaching over here at Riverside Church, the theme of which was "Speaking Truth to Power". The name of Reinhold Niebuhr came into the discussion at the lunch hour table on Tuesday. We were reminded by one brother at the table that a generation ago Reinhold Niebuhr defined the Kingdom of God as an "impossible possibility". There were those who concluded that that was a nonsense statement; it doesn't follow the rules of logic. You can't say that something is possible and impossible at the same time. It has to be one or the other; you can't have it both ways. You can't have an "impossible possibility"...unless it's something that we cannot fully achieve, and yet we must keep trying to achieve. That's the kind of life that God calls us to so we must always say we have not achieved the Kingdom of God. America is not the Kingdom of God. America is not even fulfilling the dream that America has for itself; it's not yet what we should be. "Thine alabaster cities gleam, undimmed by human tears." Well, there are tears - lots of them - in the eyes of people in our cities...

It has been observed that many of the activists of the '60s in the '70s ended up in Eastern mysticism. They started out being concerned about the world about them and ended up being concerned only with themselves. They believed that rebuilding the world was simply a combination of sincerity and energy, and when they discovered that their human efforts were not sufficient to move the inertia of society they dropped out of the race.

They proved to us that building a better world is not a matter for sprinters, but more of a matter for the long-distance runners. Not a matter for those who have occasional feelings of goodwill and benevolence toward others, but those whose goal is the Kingdom of God and who know realistically that their efforts are probably not going to bring it about, but who nevertheless press on to the goal, who make that goal the goal of their life because Christ has made them his own.

Alan Paton was that kind of a long-distance runner. He wrote this. "Life has taught me not to expect success to be the inevitable results of my endeavors". Paton is a marvelous novelist. A citizen of South Africa. He has spent his entire life trying to rid his "beloved country" as he called it in one of his novels, of the evil of racism. All of his life he has been stretching toward that goal. He is an old man now, under house arrest, as he has been for 10 to 15 years, not expecting that success is going to be the inevitable results of his efforts, but still never giving up, always pressing on, always stretching. He said one time, "Life has taught me to seek sustenance from the endeavor itself and to leave the rest to God". That's what Paul would say. "Life has taught me to seek sustenance from the endeavor and to leave the rest to God." Paton wrote these lines, too:

"The strange thing is that my parents taught me that 50 years ago. I've had to learn it two times in my life. In my youth I learned it as Sir Galahad in the search for the Holy Grail and in my adult life I learned it as Jesus and the Road to Golgotha. There is only one way in which man can endure man's inhumanity to man and that is to try in one's own life to exhibit man's humanity to man".

If you take seriously the command of Jesus to build a better world on the pattern of the Kingdom of God then you are making a goal of your life an impossible possibility. That does not mean that you give up in doing it. You won't even consider giving up if Christ has truly made you His own. What it means is that you have chosen a goal toward which you will be stretching all of your life, and there will be times when that stretching is hard and difficult.

IMPOSSIBLE SITUATIONS WHERE WE'RE TEMPTED TO GIVE UP

There will be times  
when you find yourself

in impossible situations in life where you may be tempted to give up.

You may be in such a situation right now and it may be of help to you to notice where Paul was when he wrote this letter to the Philippians. He was in prison, probably in Rome, awaiting his trial. He knows he is not going to get out of there. He knows what is coming and what his life is facing, but he's still stretching, still moving. It's a beautiful letter - most cordial and affectionate. It's really not like him at all; he isn't bawling anyone out, nor is he cursing his detractors and calling them obscene names as he does in other letters. He writing here to his favorite Church, to the first church he founded on the continent of Europe, to Philippi. They're his favorite people. He's saying good bye to them, knowing he will never see them again and he thanks them for all they have meant to him. And he tells them always to do what he had done. "Join in imitating me" he writes. "Press on to the goal. Keep on stretching". Never, never give up.

The model he gives us is that of a person who sees adversity as the opportunity to test what he's made of, or to test what he believes in. Adversity is an opportunity in the Biblical sense, an opportunity to stretch out beyond where we are at the present time - to become better and greater people. That's why some people who come through it are wiser and kinder and more understanding of others - better persons. Adversity is not the end of the race for them, adversity is another obstacle placed in the race which allows them to stretch beyond their present state of being.

We all admire that and we all want to be that way. And I suggest that we can be that way if our attitude about life is that we are not who we should be. We could always become better. And you can do it if you see that your life is a race toward a goal - a goal not reached in this life. Paul says that it will be given to us as a gift in the next life and I believe that too, but in this life the rewards are therefore not in reaching the goal, the rewards are in the stretching and the striving and the running toward the goal of life. It's not in arriving, but in the stretching that we fulfill the purpose for the life which God has given us.

CLOSING

The other evening, after the Cardinals had defeated the Brewers, I listened to some of the interviews with the players after the game. One player said something like this, "We did our best. We did our best and that's all that can be asked of anybody. We'll try to do better next year". That's the kind of thing Paul is trying to teach. Do your best and try to remember that "Life's a journey and the meaning is to be found in the journey and not in reaching the goal." "Life's a journey. Not a destination". And the least important fact of life is the score at half time!

Stretching is the best exercise. I could stretch this out a bit more, but like you I want to see some of the long-distance runners who remind me of Paul's great words:

"Forgetting what lies behind, straining forward to what lies ahead, I press on...to the goal for the prize of the upward call of God in Christ Jesus".

PRAYER Our lives are not always easy, O God, and we ask for strength to meet the difficult things that the day may bring to us. Open our eyes to the shining things that lie ahead of us. Help us to put the past behind us, and pour all our energies into the great race that lies before us, keeping our eyes always steadfastly on Him who is the Way, the Truth, and the Life.

Amen