

## **JESUS ZONE: THE FUSION OF FAITH & FITNESS**

**“Be strong in the Lord and the power of His might.”  
Ephesians 6:10**

**PRIVILEGED  
Gospel of Mark, Chapter 5, Verses 35-43**

Powerlifting is a sport for all ages and abilities. At the 2013 RAW Record Breakers Meet, ten year old Kolbe Butler shared the platform with ninety-one year old Edith Traina; “in between” were some of the sport’s top lifters, to include Loma Amore, Jessica Cockreham, Lance Hickey, Jordan Wong, and Beau Moore. Those of us present were privileged to witness this reality first-hand. More important, we witnessed the encouragement and support that these athletes received from each other, as well as their willingness to serve as spotters, loaders, scorers, and judges when not competing.

Teenagers Brett Benedix, Moriah Douglas, and Jacob Sundry electrified the platform. Brett nailed a 460 pound squat to break the federation record established by the legendary Tony Conyers! You can view Brett’s incredible squat by clicking the following link:

<http://www.powerliftingwatch.com/node/243>

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Moriah’s final pull of 202 pounds was one of the most exciting lifts ever recorded on tape, and Jacob’s 1310 total gave him a first place finish in the 198s. Jessica, Loma, Lance, Jordan, and Beau shattered the record books in a meet that saw over 500 records established. Most inspiring was Bill Beekley’s “Bulldog Powerlifting Team,” led by ninety-one year old Edith Traina. Edith, Trudy Daxon, Sarah Hand, and Carmen Gutwirth (better known as the “Deadlifting Grannies”) brought the crowd to its feet on every attempt!



*Marissa Cawthon of Bulldog Powerlifting is maturing into a top teenage lifter*

As one of Jesus' most beloved and privileged leaders, the apostle Peter saw some astonishing things, too. The Gospel of Mark records how Jesus allowed no one to follow Him to the home of Jairus, a synagogue ruler whose daughter had just died from an illness, except Peter and the brothers James and John. For a reason not clearly spelled out in the Scripture, Jesus wanted only these three leaders with Him when He performed one of His most amazing miracles – raising Jairus' daughter from the dead.

No one could see what Peter saw that day without coming away profoundly changed and inspired. Peter had witnessed Jesus cast out demons and perform miracles of healing, and He had heard Him teach with God-given authority. But on this remarkable day, Jesus gave Peter the privilege of seeing how He held power over life and death itself.

Witnessing extraordinary lifts on the competitive platform can also leave a lasting impression. Who can forget teenage lifter Brett Benedix breaking Tony Conyers' squat

record or Moriah Douglas' record setting 202 pound deadlift at the RAW Record Breakers Meet? How about Vashon Perryman's world record lifts at the RAW Unity Meet? Each of these moments, coupled with the incredible energy and support that permeates the main lifting area, gives us a glimpse into heaven. Although they represent nothing more than a moment in time, they also define the results of a disciplined lifestyle and allow us to experience the love and encouragement heaven will one day reveal to us in ways we cannot possibly imagine.

All who believe in the Lord Jesus Christ for their salvation have access to Him at any time. But at special times, Jesus calls us to see and hear special things, things that we alone have the privilege to witness. The competitive platform is no different – we simply have to keep our eyes open and our hearts ready!

*A complete teaching of Mark 5:35-43 can be found in The Maxwell Leadership Bible, with articles written by John C. Maxwell.*



*Vince Bowers, Matt van Beuningen, and Nigel Clark  
This is one of the coolest "non-lifting" pictures Bud has ever taken!*