

The Journey of Reinvention

Most of us have seen the ads for various diet and exercise programs, right? They treat us to a barrage of “before and after” photos, and then they inform us—story by story—how, for only 3 easy payments of \$39.95, we, too, can reinvent our bodies and even our very selves!

Depending on the product, I’ve noticed either diet *or* exercise is usually emphasized. For example, Shaun T’s T-25 infomercials spend about 20 minutes on the exercise portion of the program; and then they briefly mention the diet plan that comes with the program. 21-Day Fix focuses on the color-coded plastic containers which portion your food; and then it briefly mentions the “easy” exercise videos that come with the program. The point? Real body reinvention requires changes in both our exercise *and* eating habits. There’s always a catch, isn’t there?

Speaking of body reinventions, I recently read the story of Dr. Jeffrey Life. His books, *The Life Plan*, *Mastering the Life Plan*, and *The Life Plan Diet* outline the program Dr. Life developed which took him from an obese, depressed 57 year-old man suffering from heart disease to a now-buff, active and quite happy 77 year-old man who, at 75, was voted one of *Men’s Fitness* 2012 Fittest Men of the Year.

Although I found Dr. Life to be a bit “preachy” at times, you can’t argue with the results. He took responsibility for his past habits and committed himself to lifelong (and life-saving) change. What I found refreshing about Dr. Life’s story is how he freely admits he isn’t always perfect maintaining the rigorous demands of his own program. At the same time, Dr. Life doesn’t beat himself up; he just gets back on the fitness and healthy eating wagon and moves on with his life.

While I don’t see myself as a total devotee to The Life Plan (really, exercising 7 days a week is a bit much for me), it’s very inspiring to see someone older than me who is able to sustain such an amazing life reinvention. And unlike so many other programs, Dr. Life is very direct about the necessity to consistently stay with these healthy habits for true and lasting life reinvention to take place.

It isn’t too difficult to make a spiritual connection here—at least for me. That is, the day comes for all of us when we take a look in the spiritual mirror of our lives and realize what we’re doing is no longer working. This “it” doesn’t have to be life-threatening or require a major intervention, either; we just realize it’s time for us to make some serious changes in our spiritual lives. So with all the possibilities out there, where do we start?

As with exercise and diet, I have two suggestions: 1) switch things up from time to time; and 2) go with what works for you—that is, go with the practices and communities of faith which both challenge you and you enjoy (yes, challenge and enjoyment can peacefully co-exist).

Whatever practices we choose, remember these things: 1) No one is perfect; so when we drop the ball, just pick it up and keep moving—no self-abasement necessary; and 2) Quick fixes are not part of the reinvention of our spiritual lives.

So, if you’ve been considering a spiritual reinvention for yourself, what are you waiting for? Get out there and explore, experiment and enjoy your spiritual reinvention journey!

And know this truth: Whatever your path, you are never alone.

Peace,

Pastor Danny