

FITNESS DEY; BUT YOU GO FIT?!

MY SISTERS! THERE ARE SOME “NEW” GYMS IN TOWN OH! CURIOUS AS TO WHETHER OR NOT YOU WOULD **FIT** IN THEIR **FITNESS PLANS**? WELL, HERE’S THE 411; YOU DECIDE!

MEMBERSHIP: OPEN TO ALL, ESPECIALLY ANYONE WHO’S EVER SUNG THE SONG “**JUST A CLOSER WALK WITH THEE; GRANT IT JESUS IS MY PLEA**” – AND REALLY MEANT IT!!

MEMBERSHIP DUES/FEES: FREE, (as in “njoh”), BUT YOU GO HEAR HURT OH! You will really cry yah Mammy!!

HOURS OF BUSINESS: OPEN 24/7, 365 days a year! (Dem no get dem time for all da “30 days hath Septembah, April, June & Novembah” nonsense, nor do they care a hoot about “Rain dey fall, Sun dey shine”! (10 mbomas can be borning for 10,000 bushes for all they care!) Dem no wan know wehda blizzard dey, or thunder dey cam direct from OKU either!

TARGETED AREA: THE FAITH MUSCLE!

MAIN FORM OF EXERCISE: MUSCLE CONDITIONING, with special emphasis on **STRETCHING**!

WHY NAH? Because, even man wey no know “A” for P.E. like me for here, know say, a muscle has to be repeatedly stretched to its limit of endurance, in order to build more strength. Without increased stress in training, the muscle will just not grow oh! Only flab, aka joloh-joloh shall abound!

Thiafore, **faith must be repeatedly tested to the limit of its endurance in order for it to expand and grow. Very often God *does* allow His children to go through trying experiences in order to build up their Faith Muscle.**

MOST POPULAR LOCATIONS:

1. PALA-PALA FIELD AVENUE: The highly skilled and experienced **MANAGER & PERSONAL TRAINER** at this Branch is this dude called “**SUPER IZRAEL**”. Unconfirmed sources say he used to be known as **JACOB** back in the days when he was a con artist. They say his mug shot was even shown for weeks on **CANAAN’S MOST WANTED**, when he committed a serious crime against his twin brother and fled. It has also been said that he is the inspiration behind this popular video game called “**Grand Theft Birthright**”. When he is asked why he walks with a limp, he tells this amazing story about **HIS MOMENT OF TRUTH**:

I had a large family, (4 wives, 12 sons, & 1 daughter), and was filthy rich, but never really had a **DEEP, GENUINE, PERSONAL & UP CLOSE RELATIONSHIP** with **GOD** until one **NIGHT**, **ALL ALONE**, I actually came **FACE TO FACE** with, and **WRESTLED ALL NIGHT**

LONG (as in TILL THE BREAK OF DAWN) WITH GOD. My hip got wrenched in the process, but I **PERSEVERED** and **REFUSED TO LET GO UNTIL GOD BLESSED ME!**

MY THOUGHTS: Many a times, you do have to PALA-PALA your way into a true and lasting blessing of eternal value. It is never a group/shared experience, – SALVATION & REDEMPTION never have been, and getting “scarred” and “crippled” along the way simply comes with the territory.

2. DRY WELL LANE: The PERSONAL TRAINER/MANAGER at this location is a handsome guy name **JOE**. He is also very experienced, and rumor has it that he is actually related to “BIG IZRAEL”. In any case, he himself says that at 17, he was quite a stuck up fellow (as in “high-up” and “over membah”, who snitched on his brothers, who boasted about dreams he had had which indicated that he would wind up greater than all 11 of his brothers as well as his parents, and who just no be leff people drink wata with this flashy, zazou coat of many colors that his “Playing Favorites” Dad had given him. He went on to have a lot of sobering moments in his life that taught him HUMILITY, PATIENCE and TOTAL DEPENDENCE on GOD, the first of these being the agonizing time he spent in total desperation at the bottom of a DRY WELL into which his fed-up and jealous brothers threw him.

HIS MANTRA: There is so much more to be learned about GOD from the within the depths of a Dry Well than there is, basking in the comforts of a Prime Minister’s Chariot!

3. FIERY FURNACE DRIVE: This Gym at this location is a joint Venture run by three FLAMING HOT SPARKS, (no pun intended), named **Shad, Mesh and Abed**. They are well known for their steadfastness, bravery and unflinching loyalty to their cause, which is to encourage all their Members to “Stick with the Faith Plan” NO MATTER WHAT THE CIRCUMSTANCE.

THEIR MANTRA: If we are thrown into a “blazing furnace”, the God we serve is able to save us from it, and he will rescue us. **But even if He does not**, we will not serve other gods.

4. NGATTA ROUNDABOUT: There are at least 3 branches in this area:

. The best known of them all is the one run by **PAOLO & SILAS**. They actually offer a Praying and Singing session at midnight, and people have testified to having experienced indescribable relief when they were loosed from whatever had them shackled.

It should be noted that this Dynamic Duo also own 2 other Gyms:

One called “**MULONGO FITNESS**”, so named to mark an incident in their past when, spurred by an angry mob that did not like what they had to say, some unscrupulous magistrates ordered them stripped and “beaten with rods”.

The other is called “**CAPSIZING-ERCISE**” because of some Shipwrecks that they only survived by the Grace of God.

PAOLO'S MANTRA: I know what it is to be in need, and I know what it is to have plenty. **I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.**

5. SORES-FROM-HEAD-TO-TOE JOINT: When this **Bassa** man from **SONGBADJECK** called **JOB** wanted to open this Exercise “joint”, his three closest friends and even his wife did all they could to discourage him. While the friends told him that the countless other Mbahlocks and ngeuhs that he had experienced in his life had to be because of something he had done wrong, wifey urged him to just dump God and meng. His response:

“Naked I came from my mother’s womb,
and naked I will depart.
The LORD gave and the LORD has taken away;
may the name of the LORD be praised.”

And

Though He slay me, yet will I trust Him.

Well, well! Let me just end with a few **TIME AFTER TIME, BIBLICALLY PROVEN TRUTHS** which tend to be overshadowed in this day and time when *ONLY* the

“YOUR BLESSINGS/PROMOTIONS/MONEY/HEALTH/CHILDREN NA DOUBLE-DOUBLE OH”

side of the equation tends to be heavily promoted and actively peddled, causing many to doubt their own Faith, the Faith of others, and worse still, **GOD’S INTRINSIC FAIRNESS, JUSTICE, GOODNESS & SOVEREIGNTY!!:**

Circumstances are not reliable gauges of spiritual reality oh!

Personal wealth and health do not prove spiritual well-being. A person of poverty and physical brokenness may be spiritually healthy. As a matter of fact, they, like many of their Biblical “assos” and “bohs” often are!! We must resist questioning the upright walk of a fellow believer who experiences suffering – or death for that matter. **MBALE!** Suffering or the lack of suffering is just not a reliable “yardstick” to determine a person’s right standing with God. Outward appearances of success rarely indicate biblical faith; and outward appearances of failure rarely indicate a lack of faith. **NA GOD E ONE SABI, FOR REAL!**

If you were to ask me, I’d say we really just have to

“Keep trusting our Lord, as we walk along, even when “the storm clouds darken the sky”, because “He’s a faithful Friend”, and we can “count on Him to the very end!!””

Need a reminder from the lips of a sweet little girl who seems to get it despite her young age?

Here you go then!!!

<http://youtu.be/hfkzX11Mbu4>

And for all of us who are currently experiencing circumstances that are stretching our Faith to its very limits on a daily basis, here, by way of encouragement, is the INIMITABLE DIVA OF BLACK GOSPEL, MAHALIA JACKSON, singing "JUST A CLOSER WALK WITH THEE":

<http://youtu.be/DxJa49ikqGY>

GOD BLESS,

Egbe Mbiwan Monjimbo