

Russell A. Smith

Personal Trainer & Endurance Coach

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Maximize Physical & Spiritual Potential

- Grew Up attending Church since age 7.
- Majored in Theology during 1988-90.
- Learning more Truth, every year since.
- FREEDOM in USA getting better & better!
- Christian LOVE too (generally)!
- Christianity: most educated in history
(college degrees necessary for most middle-to-upper class and high-tech occupations).

Integrating My Occupation with Faith

- **1 Corinthians 15:44**, “It is sown a natural body, it is raised a spiritual body. There is a natural body, and there is a spiritual body.”
- **Verse 46**, “However, the spiritual is not first, but the natural, and afterward the spiritual.”
- With my PT expertise, I love to share creative relative parables, such as...

GOD is the best Personal Trainer!

- **Resistance Training (Trials):** Difficult, Painful, Stressful, Recover, Rejuvenate, Regenerate - *Not Too Much or Little to Maximize Improvement - Potential!*
- **Daily Nutrition Important:** physical and spiritual food & drink (hunger & thirst...).
- **Rest:** Sabbath was made for all humanity (*Isaiah 66:22-23; Matt. 24:20; Mark 2:27*).

God Training Judeo-Christians

- Same God of Abraham, Isaac, and Israel.
- God does not change (Malachi 3:6).
- Jesus is same yesterday, today, and forever (Hebrews 13:8).
- OT & NT are inspired (God breathed) without any contradictions or oxymorons.
- Everything in NT (including Paul's epistles) can be taught correctly from OT only.

My Greatest Passion & Gift of Spirit!

- **Judeo-Christian Apologetics**
- OT + NT = One Holy Harmonious Book!
- NT is like a ***Upgraded Version*** of the OT.
- *As elite athletes train for perishable crowns...consistency.*
- **1 Peter 3:15**, "...always be ready to give a **defense** to everyone who asks you a reason for the hope that is in you, with **meekness** and **fear**."
- Guest Speaker-Facilitator anywhere called upon, in peaceful churches, synagogues, buildings, and homes.

J.C. Apologetics: Paul asks in Romans 3:1-2...

1. "What **advantage** then has the **Jew**, or what *is* the profit of circumcision?"
2. "**Much in every way!** Chiefly because to them were committed the **oracles of God.**"

Many are "apauled" by Thomas Jefferson tearing-out pages and crossing-out Scriptures in his Bible...what about us?

Paul Never Against Moses - W.T.

- **Acts 24:14**, “But this I confess to you, that according to **the Way** which they call a sect [*cult*], so I worship the God of my fathers, believing **all things** which are written in the Law [*written Torah*] and in the Prophets.”
- **Acts 21:20-24**, Paul goes up to Jerusalem, James and the others make Paul take a Vow with offerings and sacrifices at the Jerusalem Temple Mount, to prove that he **has not** and **will not** teach anything against Moses (including Circumcision of baby boys on 8th Day).

Berean website: www.TorahTruthSeekers.org

Acts 17:10-11, “Then the brethren immediately sent Paul and Silas away by night to **Berea**. When they arrived, they went into the synagogue of the Jews. 11) These were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures **daily** to find out whether these things were so.”

As it was Written...No Contradictions!

2 Timothy 3:16, “**All Scripture** is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in **righteousness**, 17) that the man of God may be **complete [fullness]**, thoroughly equipped for every good work.”

What Scriptures was Paul referring to before he was martyred about 64-68 CE/AD?

The Big Picture: Without LOVE...?

- ***John 13:35***, “By this all will know that you are My disciples, if you have **love** for one another.”
- ***1 Corinthians 13:1***-...having all knowledge, knowing all mysteries (truth), preaching the Gospel in many languages, and doing many miracles in HIS name...***not good enough!***