

1 Hour Spin Class: Heaven? (Matt 13:31-48)

SONG	Spin	Reflection
<p>Bittersweet Symphony -The Verve (6:00)</p>	<p>Warm-up and gradually increase resistance. We will be using a 1-10 intensity scale so take this song to get to know what different resistance levels feel like for you individually and try to find what you would say is a level “4” by the end of the song.</p>	<p>Take time to check in with the class; to hear about what is going on in their lives. Move into a reflection on the up’s and downs (the bittersweet nature) of life. Introduce this song as a call to worship, emphasizing that the beauty of a symphony lies in the different instruments playing all contributing to the same harmony. Give time for everyone to reflect on the “Bittersweetness” (the variety of experiences) of their week, closing by welcoming God’s words into the harmony of the class today through prayer.</p>
<p>Paradise -Jeremy Camp (4:03)</p>	<p>Once warmed up, start to climb upwards to the Heavens! Increase to a “6,” then a “7,” then “8” for one minute each, and then since we are just starting and realize we cannot climb all the way to Heaven, we will retreat to a “7” and back to a “6” at one minute each.</p>	<p>Survey: What words come to mind when you think of “Heaven?” Is it a distant place? A mystical place? Etc... Word study: <i>the word “heaven” is rooted from the middle English word “Heven” which in turn was developed from the old English beofon, 1000ce, and it was referencing the “place where God dwells. Originally it held significance as sky or firmament. In Hebrew the term is Shamae and refers to a “high place.”</i> Read Matt 23:42a after introducing the speaker as one of the thieves hanging next to Jesus on the Cross... “Jesus, remember me when you come into your kingdom”</p>
<p>Just another day in Paradise -Phil Vassar (3:55)</p>	<p>Keep the resistance at a “6” and while highlighting the idea that the song switched from a paradise high above and in the distant future to a present and earthly paradise, sprint the strait-away in 30 second intervals: 3x (30x30sec)</p>	<p>The prior song alluded that Heaven was a distant place that we look forward to, but cannot fully conceive of. How did your classes descriptions of Heaven line up to this? Using the same “Paradise” metaphor, this song alludes to a place in the present. Where’s paradise for you presently? Read Matt 23:42b- Jesus replied, “Truly I say to you, today you are with me in paradise.” Word Study Cont.: The Greek that Matthew uses for Heaven is the term “oranas,” “the totality of God’s creation, earth and beyond.” Discussion: Can Heaven exist on earth in the present?</p>
<p>Some Nights -FUN (4:36)</p>	<p>Drop the resistance down to “4” and spin your legs freely. Encourage participants to stand up and freely “jog” as well to loosen their legs.</p>	<p>This song was made popular in an airline commercial... How does our earthly understanding of heaven line up with that of a vacation? Heaven appears on earth in short bursts, keep us excited, but craving more. We all desire more from this life because we have tasted more (proof of Heaven lies in our constant desire for fulfillment.) This song asks the question “What do I stand for?” Our momentary Heavenly encounters line up with the occasions on which we are doing something fulfilling that helps us understand our call in life. What in life provides you fulfillment? Are you actively seeking fulfillment or are you passively waiting for it to find you?</p>

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<p>Everything you Ever wanted -Hawk Nelson (4:06)</p>	<p>Return to a level “6” and drop down low to the handlebars to simulate a prayer pose and work your lower back muscles. take a 1 minute rest throughout the song to sit upright and stretch before finishing the song downward.</p>	<p>Tell the participants to spend the rest of this song painting in their mind everything they want Heaven to be. You can facilitate this exercise by periodically adding something to focus on (ie: ask what do you hear, what do you see, is it day or night, who is around you, what do you look like, etc) Scripture: read Matt 13:31-33, 44-48 as the class meditates on their Heaven. At the end of the song, emphasize the variety of depictions of Heaven in the passage and in the room.</p>
<p>What’s Up -4 non Blondes (4:56)</p>	<p>Stand up while pedaling and for 2 minutes, challenge your class to do pushups (do them slowly and in unison, 2 seconds down and 2 seconds up. After 2 minutes return to seated position and finish out the song at a “5,” but with a mid/high pedaling cadence (not a sprint, but not relaxed either.</p>	<p>That last song focused on our individual perception of heaven. Throughout time many philosophers have emphasized that Heaven is a feeling that occurs within us while we are on earth, not a place around us. In this song, the subject yearns for something, not knowing what, and when they hit that “high” they cannot explain the occurrence. This is commonly defined as “existentialism.” Discussion: When have you experienced an unexplainable instance of elation? What are some triggers (music, laughter, exercise, etc.) Explain that these triggers are not “heaven,” but merely provide temporary glimpses of and indescribable paradise. Wilber Write: in describing the feeling occurring during flight, “More than anything else the sensation is one of perfect peace mingled with an excitement that strains every nerve to the utmost, if that combination is conceivable.”</p>
<p>Cheeseburger in Paradise -Jimmy Buffet (2:53)</p>	<p>Work off all the cheeseburgers that you’ve eaten lately! Crank it up to a “9,” pedaling all out stay in the saddle until someone has to stand up. At that point allow everyone to stand, continue 30 seconds, than lower to a “4” and enjoy the pleasure of recovery!</p>	<p>One of the beauties of these worldly experiences of the divine lie in their simplicity. Take a second to name some of the “simple pleasures” that make life exciting and fun. Discussion: how can you provide someone else a quick glimpse of paradise? (give a compliment, a hug, provide an opportunity or invitation for them to do something new) Scripture: Matt 6:10 “Thy Kingdom come, thy will be done, on Earth as it is in Heaven.”</p>
<p>Roll Away Your Stone -Mumford & Sons (4:23)</p>	<p>Turn up the resistance to a “9” and slow the cadence to simulate dragging stones. Stay in the seat and focus on your form. After 2 minutes drop the resistance to a “4” and sprint to flush out your legs for 1 minute, then settle into a steady moderate pace at a level “6” resistance.</p>	<p>So how do we assure our place in Heaven? When the stone was rolled away from Christ’s tomb, so was the stone rolled that blocks our destiny. In this song the words are sung, “It seems that all my bridges have been burnt, but you say that’s exactly how this grace thing works; It’s not the long walk home hat will change this heart, but the welcome I receive with every start.” What we do in this world allows us to glimpse Heaven and grow, but it is God’s grace that allows our entry to Heaven, and it is God’s open arms greeting us at the gates that makes it such a perfect place! Discussion: Are any stones in your way that need rolling?</p>

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<p>Light & Day -Polymorphic Spree (3:21)</p>	<p>stand up at a “7” and sprint for 45 seconds. Rest for a minute by “jogging” at your own pace, then sprint another 45 seconds. Return to sitting position and cruise at a “5.”</p>	<p>Notice that in the parables that Jesus used to depict aspects of Heaven, each addressed the unique passion of an individual, and each required the individual to take a risk. The farmer sold everything to buy a field, the jeweler sold everything for the perfect pearl, the fisherman risked the net to pull in the load of fish. What are you willing to give up in order to gain it all? Meditate this song on what you are being called to give up in your life as you “follow” God and “reach for the the sun.”</p>
<p>Sympathy for the Devil -Rolling Stones (5:35)</p>	<p>Hell could be a hill for many of us! Start at a “7,” after 1 minute go to an “8,” another minute a “9,” sprint for 30 seconds to the top, then drop to a “5” and spin quickly for recovery.</p>	<p>We looked at Heaven, but what about Hell? What is Hell, a real place? Much the same as we can live Heaven on earth, we can live Hell on earth. What are some words that you think of when you think of Hell? (emptiness, fire, violence) Scripture: Luke 10:18-20</p>
<p>Barely Breathing -Duncan Sheik (4:16)</p>	<p>If Hell is not a Hill, its oxygen deprivation (a common athletic sign of fatigue.) Intervals are a way to train your body against this. After 2 minutes at a steady “6,” do 15 second sprints with 20 second recovery at a “7” throughout the song.</p>	<p>One of the best ways to describe Hell is a disconnect with God (our life source.) God gave us breathe in creation, but if we are not using that breathe for the Glory of God and are not connect to God, than our breathing is independent of our living. “It’s not the breathes we take that measure life, but the moments that take our breath away.” Relevant scriptures: Gen 2:7 Deut. 30:19 read together</p>
<p>Steal my Sunshine -LEN (3:47)</p>	<p>Stand up an Jog at a “6” for one minute, then drop into an isolation holding your hips steady and butt just above the seat, “isolating” your hip flexors and quadriceps for 1:30, than return to a “jog” for the remainder of the song.</p>	<p>Whether or not the Devil or Satan exists, there are things in life that will steal our focus from God (and we have defined separation from God as Hell.) What things are “stealing our sunshine?” (stress at work, addiction, negative relationships, etc) Henry David Thoreau: “Our mind/Spirit is unique in its ability to create a heaven out of a Hell or Hell out of a Heaven.” What can we do to assure the prior of the two?</p>
<p>Come to my Window -Melissa Etheridge (4:03)</p>	<p>Drop down into a low prayer-type stance again (like you were going into a cave) and pedal steadily will picking your own resistance and varying it based on your prayer intensity.</p>	<p>Spend this song in prayer for all those in your life that you know are fighting to stay connected to God. Listen to the painful plea, the prayer, of Melissa Etheridge as she calls out to God. We all go through lonely times of which we feel separated from God and our friends, pray for yourself AND others.</p>

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<p>Live Like you were Dying -Tim McGraw (4:59)</p>	<p>Last working song... and last hill! One of the things the subject of the song does is to climb a mountain so we will do the same! Start at a “7,” and after 1 minute move to an “8” for 1 min, then a “9,” and finish off “all out” until you need to stop or the song ends!</p>	<p>So what is on your bucket list in this life? What do you want to experience before ever reaching Heaven? Why? What have you experienced in this world that stands out as particularly meaningful? Bruce Lee: “If your passion is to swim, jump in the water; in the sand no frame of mind will fulfill you!” What does fulfillment look like in your life right now?</p>
<p>I’ll Fly Away -Jars of Clay (4:43)</p>	<p>At a steady “3,” catch your breath, recover, and lightly stretch upward, reaching up to the heavens. Spread your arms outward like the wings of a bird and close your eyes, picturing yourself “flying away.” Slow your cadence gradually, stretch your neck, then remove one foot and lightly pedal with the other. Switch feet and if you are comfortable, put the foot you are not pedaling with on the handlebars stretching your hamstrings.</p>	<p>We all desire to fly away sometimes from the stresses of this life, but when we realize that God dwells with us, in us, and around us on this earth, and so to can Heaven, than we are able to escape temporarily through prayer and meditation. When we welcome God into our friendships, our exercise, and all the small pieces of life that bring us joy, then we really can fly away and get a temporary glimpse of Heaven! Take prayer requests at this point (things that you need to fly from or joys that allow you to spread your wings) and close in prayer.</p>