

Balanced Families Ministries



Wednesday, September 14, 2011

Catholicism and Bodybuilding: Friends or Foes?

"The Church, without any doubt whatever, approves of physical culture, if it be in proper proportion" Pope Pius XII

The current culture of bodybuilding and hyper-fitness is ravaged by narcissism and egos big enough to pay back our nation's debt. Part of the problem of the current culture is that it decided to choose the incorrect ideologies for the sport at its beginnings. Many faith-filled people on the outside looking in would write off the sport entirely, something I can't say that I would fault them for. But the sport and the heart of the lifestyle does have good within it. Many bodybuilders, Mike Mentzer for example, have endeavored to bring philosophy, reason and intelligence into the sport but the mainstream bodybuilding media saw him and most like him as a kook. Bodybuilding in its truest and purest form is about beauty and discipline. Beauty of the body and discipline of the will. As creatures of God we are meant to realize our full human potential. We have a vast array of talents and abilities that our loving Creator infused into us, reasoning, logic, sympathizing, and (by far the most important) holiness, are all given to us as goals to be achieved in order to become more and more worthy of heaven. Physical fitness and health are also God-given and therefore meant to help us get to heaven.

I think first I need to explain what kind of bodybuilding I am speaking of. The freakish bodybuilders of today do not exhibit the beauty of the body. Grace, athleticism, and proper proportion have all but left the current Mr. Universe competitions or most any other bodybuilding competitions. What was meant to portray the human body at its physical peak has become the slanderous and outrageous need for more size, most of the time at the expense of actual health. While I am not for the displaying of male or female bodies for people to gawk at, reaching your physical pinnacle is a beautiful and wonderful thing. The sport of bodybuilding has taken a very ugly turn to the immodest. When I speak of bodybuilding please do not think that the current ogres of the fitness world define the true heart of the sport, the philosophy behind the mud is golden. The ancient Greeks as well as the great artists like Michelangelo had a much better understanding of the role of human physical beauty and the need to try for the best.



"No citizen has a right to be an amateur in the matter of physical training...what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable." -Socrates

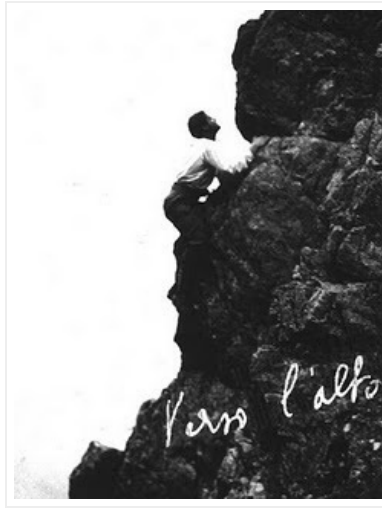


In all things we are meant to strive to be the absolute best we can be. Knowledge of truth, love of God, and love of neighbor are not only supposed to be the desires of our hearts we were made to strive for perfection in all of these divine and beautiful things. And such it is with the body, we are meant to want to be beautiful or handsome. The true philosophy and heart of what bodybuilding is has nothing to do with men in Speedos chock full of injected testosterone and human growth hormone. What real bodybuilding is about is the striving for perfection. Being that we are all made up of a mind, a soul, and a body, and true balance derives from the continual up-reach towards heaven of all three, our bodies must be on that celestial ladder just as much as our minds and souls should be. Servant of God Fulton J. Sheen once said, 'Peace is not a passive, but an active virtue.' Our bodies will never have peace unless we are actively pursuing the peace we crave which will only come about when we have full control of our passions and a healthy and active exercising life can help us achieve that temperance. "For no one hates his own flesh but rather nourishes and cherishes it, even as Christ does the church, because we are members of his body"- Ephesians 5:29

Followers

Blog Archive

- ▶ 2012 (5)
 - ▼ 2011 (31)
 - ▶ December (1)
 - ▶ November (3)
 - ▶ October (5)
 - ▼ September (3)
 - [The Revisions of the Mass](#)
 - [Catholicism and Bodybuilding: Friends or Foes?](#)
 - [Lover/Fighter: Opposite Ends, Same Man](#)
 - ▶ August (5)
 - ▶ July (4)
 - ▶ June (2)
 - ▶ May (1)
 - ▶ April (3)
 - ▶ March (4)
 - ▶ 2010 (1)
-  [Balanced Families Ministries](#)
 -  [Jared Zimmerer](#)



There are numerous stories of young men that were living a life of debauchery and crime and through the lifestyle of bodybuilding were able to get out of the rut that their sins had placed them in. "The Iron is the best antidepressant I have ever found. There is no better way to fight weakness than with strength. Once the mind and body have been awakened to their true potential, it's impossible to turn back." - Henry Rollins (Former Competitive Bodybuilder) If we as Catholics were able to harness that ability of weight lifting to help young men and women to continually strive for a life of perfection, not only in their bodies, but in their souls and minds, we could have a generation of balanced and value-hearted individuals. We should never idolize physical perfection but, "I think the

time is right for a "theology of bodybuilding" as well: for greater appreciation and deeper understanding of the body's capacity for strength, endurance, and robust fitness, to serve as a dynamo of charity toward our neighbor and for the greater glory of God." - Dr. Kevin Vost, Fit for Eternal Life. Blessed Pier Giorgio Frassati's motto, 'Verso l'alto' meaning 'to the top' applied not only to be able to climb mountains but to strive for Christian perfection in all things should be the motto for anyone wanting to try out bodybuilding.

Posted by **Jared Zimmerer** at 2:31 PM



Labels: [blessed pier giorgio frassati](#), [bodybuilding](#), [fitness](#), [health](#), [mentzer](#), [michelangelo](#), [weight lifting](#)

26 comments:



Roman Ilesnar May 15, 2016 at 10:05 PM

Thanks for your post. I've been thinking about writing a very comparable post over the last couple of weeks, I'll probably keep it short and sweet and link to this instead if that's cool. Thanks. [steroid shop](#)

[Reply](#)



sohail sheikh May 22, 2016 at 8:24 AM

i am continually searching for some free stuffs over the web. there are additionally a few organizations which gives free examples. [phen375 reviews](#)

[Reply](#)



Olivia Princess October 10, 2016 at 11:57 AM

I agree with your blog and i will be back to check it more in the future so please keep up your work. michael kors outlet love your content & the way that you write

[Protein Nutrition](#)

[Reply](#)



Healthy Diet Tips November 2, 2016 at 4:57 AM

<http://www.raspberrylultradrops.com/phenq-review/>

[Reply](#)



Healthy Diet Tips November 27, 2016 at 10:12 PM

lose weight fast

[Reply](#)



Margareth Wilson December 2, 2016 at 1:38 AM

cleanse your colon and digestive system

[Reply](#)



HCG January 8, 2017 at 3:00 AM

<http://www.hcglultradietbuy.com>

Reply



Flip Jork February 4, 2017 at 11:14 AM

which means that there are thousands of people on bodybuilding.com every single hour of the day. [skinny2fit](#)

Reply



OGUDUGU SPELL CASTER April 14, 2017 at 3:11 PM

I am Dr Ogudugu a Traditional healer, herbalist and spell caster. I use real magical powers to fight demons, evil spirits and super villains. Are you suffering in silence? does everything in your life seems to be going wrong no matter how hard you try to make things better? have Questions about love, or career let me help you am a born gifted traditional healer and master psychic. I 've experience in exploration of the past, present and future. I can help you with any of those problems that are making your life difficult and miserable,do you have many enemies some enemies that you are not even aware of? are you having many obstacles in your life? Is your love,relationship,marriage life falling apart? is your life facing financial ruin ? i specialize in reuniting.Email me about your problems and I'll be of great help to you on my my personal email address: G R E A T O G U D U G U @ G M A I L . C O M Website: <http://greatdrogudugusolutiontemple.webs.com/>

Reply



mckenzie fred January 19, 2018 at 9:51 PM

Muscle Nit XT ARod Grimsley and Segui have fessed up. Ramirez was suspended in May for games after testing positive for a female fertility drug often ready for reset proper testosterone booster pill production after using steroids. Sosa famously pretended to be unable to speak English at the congressional hearing on in many cases are. And Bonds . well cmon. Stu also discusses Ultra muscle Testo supplement ing. <http://jackedmuscleextremeadvice.com/muscle-nit-xt/>

Reply



Norma Cyr January 21, 2018 at 10:27 PM

Edge Nutra Testo XY You you can get all the action you want and Are prepared for with a renewed libido that will point you and some women around you into an appreciation frenzy.Your new found confidence is a good aphrodisiac to the females and they're going to swoon and fall over themselves attempting to get your desire. <http://t-rexmuscleadvice.com/edge-nutra-testo-xy/>

Reply



Claris Kray January 22, 2018 at 9:59 PM

TryVexin Male Enhancement Chromium is a good product Something which proven that chromium can help you lose fat and gain Muscle Fitness. The best chromium method chromium collate. If your lower back arches excessively then the fronts of ones hips your hip fleecers are tight and your abs are weak. <http://jackedmuscleextremeadvice.com/tryvexin-male-enhancement/>

Reply



Mega Jese January 23, 2018 at 10:17 PM

ERX Pro These two supplements acknowledged to offer several of your same properties as given as they will increase recovery glycogen strength enhance body immune system. And you may want to take into account some Testosterone Booster for Men supplements effectively. <https://www.healthsupreviews.com/erx-pro-male-enhancement/>

Reply



SONIA YATES January 26, 2018 at 10:01 PM

MRx Male Enhancement And you may want to see into some protein or glutamine. But neither has any research proving that they help build the posterior tibial muscle. But for some reason people like to take them. Youll more likely given some sales pitch for N . o . or Branch chain Aminos and Testosterone Booster for Men but none of find it difficult to been recognized by work. For true scientifically proven effectiveness for creating I are only able recommend Creatine. Whats the deal for fastest muscle building A good multivitamin contains at least percent of the FDA minimum needed daily to avoid deficiency. Absorption does are important here. However your body is good at knowing this really needs and what it just isnt going to. As long as you does work a top of the range multivitamin with for the minimum recommendation you possibly be doing major.

Plyometric training is a great way to build your muscle. This work smaller fasttwitch muscle fibers stimulating male enhancement. Plyometrics are considered ballistic moves in they require some initial acceleration. For example while doing plyometric pushups your hands should jump up have a scenic floor exploding as high as . <http://jackedmuscleextremeadvice.com/mrx-male-enhancement/>

Reply



ZMass Testosterone Boost January 30, 2018 at 6:44 AM

Test Troxin Understand That's not me pointing control. I have swallowed my fair share of supplements and gross drinks. In fact Ive spent a large amount of dollars on supplementssome good and also not great. I even purchased an a handful of low voltage electroshock machines which were supposed enhance muscle mass through intensive invulnerable contractions. <http://t-rexmuscleadvice.com/test-troxin/>

Reply



clem annabell January 30, 2018 at 9:45 PM

T5RX Ones including betaalanine creatine and glutatime.Most people are unaware that if you apply excess physical stress on the body the central nervous system will be affected negatively. This is quite harmful if the anxiety is extended for several years of time.<http://www.strongtestosterone.com/t5rx/>

Reply



elliott roy February 1, 2018 at 1:54 AM

StamiMax The supplements used via guys are incredibly different from those supplements that are created for some women. Even instance, the Muscle Building are not for women because it may well result in deepening of her voice and also more hair growth. Muscle Building Products. <http://jackedmuscleextremeadvice.com/stamimax/>

Reply



andrea jean February 1, 2018 at 9:17 PM

Magnumax First off these people engaged in at least moderate work. Talk to your doctor first then dont start too fast and fast. Commit to doing something every holiday weekend. Do not feel bad about much deeper day or two off but after your break get to it. <http://jackedmuscleextremeadvice.com/magnumax/>

Reply



Talitha Cut February 2, 2018 at 1:45 AM

Magnumax Jimmy and Donna married on November . Donna stood before the Justice among the Peace gnawing on her fingernails. Her stomach was twisting itself into a knot. She was afraid that her parents caught on to what they were doing. <http://jackedmuscleextremeadvice.com/magnumax/>

Reply



Shinna Shinna February 2, 2018 at 11:41 PM

Chantel st claire all people with any kind of pores and skin can use natural products and get the best of the outcomes within the shortest viable time. That in my opinion have to reassure a variety of you who're skeptical about going organic. furthermore it is a established truth that natural ingredients are plenty greater powerful than synthetic beauty items. <http://t-rexmuscleadvice.com/chantel-st-claire/>

Reply



Deon Nero February 6, 2018 at 1:32 AM

Lutrevia Youth Cream There are a number of methods for you to deal with such problems. A few tests to be able to conducted on these ingredients and include the highest efficiency rate, they won't put you in any risk along with the prices of products which contain them won't damage spending budget. <http://lisocleanseabout.com/lutrevia-youth-cream/>

Reply



Goma Doma February 9, 2018 at 10:57 PM

Ruchi: being married for 20 years has not come simple and I have experienced my fare share of ups and downs until I decided to learn how to do **Black Magic Removal** on my girlfriend to get her love back by black magic spells. At first I thought it was just a joke but so the Councillors help me understand my mistakes and what I was doing wrong towards nurturing the relationship. By attending just a small number of girlfriend love back by hypnotism session I was able to turn my entire love life around understand exactly what was required of the relationship. **Istikhara For Marriage** Relationships are much more complicated than many people would expect so it's important to get every aspect clearly understood before attempting to resolve the problems yourself. I learned the Winning back your girlfriend love back by black magic requires professional intervention and this is information is available if you're willing to look for it. Due to daily routine and bored habits, in a relationship, many partners look for a way on how to get love back, which generally fades away at passionate periods between couples, thereby leaving a boredom place for them. Much less is obtained by the flirting couples every day and couples mostly argue over excruciating problems in lieu of taking pleasure in their partnership.

<http://freewazaif.com/>

[Reply](#)



Bella jon February 22, 2018 at 2:35 AM

Mohagni usually smile. Smiling indicates the lady you are assured and friendly. A proper smile feels accurate, and will placed the woman at ease, aswell as developing openness to your interplay.
<https://rcg.com.pk/>

[Reply](#)



Gabby jon February 28, 2018 at 11:45 PM

RCG you are now geared up to use a primer to the wallpaper. using an RCG oil based totally primer, curler and brush, top the wallpaper using a skinny coat of primer. the use of a primer is critical step in painting wallpaper as it facilitates the wallpaper to simply accept the paint and bond efficaciously. <https://rcg.com.pk/>

[Reply](#)



Gabby jon March 10, 2018 at 3:15 AM

Sana-safinaz The "Do I recognise You?" Opener:This opener will no longer work in any respect, and is a path to general failure. women are extra adept at facial reputation than men and could know in an instant in the event that they have certainly visible you or met you before.<https://rcg.com.pk/>


[Reply](#)



Gabby jon March 10, 2018 at 3:15 AM

Sana-safinaz keep away from this type of opener in any respect fees. In truthfulness, women do not genuinely mind talking to a man they have got by no means met before, as long as it feels right. You being a stranger they fall i like with over more than one drinks is extra effective than pretending to be a person they may have met earlier than and spending the subsequent 30 minutes seeking to convince them that they've...<https://rcg.com.pk/>

[Reply](#)

 Comment as: Select profile...

[Newer Post](#)

[Home](#)

[Older Post](#)

Subscribe to: [Post Comments \(Atom\)](#)

There was an error in this gadget

Simple theme. Powered by [Blogger](#).