

Strengthening Your Core

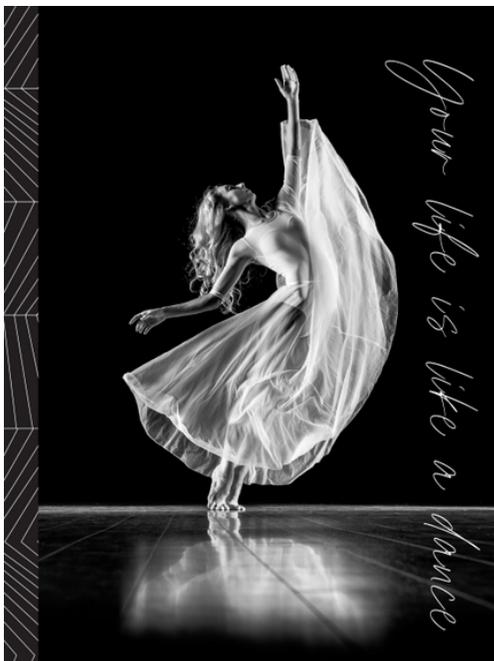
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As 2020 begins, many of us are attempting exercise plans that include strength training for our physical core. A new year is also a good time to plan to include core training to boost mental, emotional and spiritual vitality, restoring core areas such as competence, safety, identity, purpose, and belonging.

Core Healing from Trauma supports your journey to overall health. This Scripture-infused workbook can help you move beyond life's challenges and enjoy living as "more than a conqueror" in Christ (see Romans 8:31-39). Each of its twelve chapters includes five days of training, offering daily 15 to 20-minute workouts for minds, emotions, and souls, designed to increase core strength and help us apply God's Word to real-life concerns.

While strengthening your internal core doesn't focus on physical exercises, you can combine basic concepts of physical training to develop a healthy mental, emotional, and spiritual core:

1. **Sit-ups:** instead of sitting down (doing things like watching TV, playing video games, spending hours on social media, etc.), find a new idea—and grow! Read a book, join a small group, volunteer at church. *Walk by faith, not by sight* (2 Corinthians 5:7, ESV).
2. **Run your race:** keep moving forward. Hebrews 12:1(ESV) explains, *Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.*
3. **Set biblical goals for success.** *I press on toward the goal for the prize of the upward call of God in Christ Jesus* (Philippians 3:14, ESV). If negative thoughts fuel anxiety, fear, or depression, you can replace them with Truth. *When my anxious thoughts multiply within me, Your comforts delight me* (Psalm 94:19, AMP).



YOUR LIFE IS LIKE A DANCE— ALWAYS MOVING, CHANGING,
SPEAKING. JUST AS A DANCER TRAINS—AND LEARNS
TO UNDERSTAND—HIS OR HER BODY—YOU CAN TRAIN
YOURSELF TO BE AWARE OF MOMENT-TO-MOMENT
CHOICES, ALLOWING YOUR HEART—AND YOUR LIFE—TO
MOVE FORWARD INSTEAD OF REMAINING STUCK IN PAIN.

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