

## B90X

In 2004, a home exercise system called P90X came out on the market, a 90 day program geared toward improving your physical fitness. During the summer, when you are away from the college routine, it is often times easy for your spiritual life to get out of sync as well. Some of you may not have a community to be a part of with people your age back home, some of you may struggle with prayer. To help with this, we want to introduce you to B90X, a 90 day program geared toward improving your spiritual life! Just like with P90X, there are four key areas we want to focus in on to help you build that relationship with Christ, strengthen it, and maintain it: through Prayer, the Sacraments, Fellowship, and Service.

### **Prayer.**

In P90X, you have to learn the exercises you are doing, you have to learn about the nutrition plan, you even have to build some level of trust with the trainer to know that HE knows what he is doing. It's the same way with Christ! If we are going to learn about Christ, if we are going to develop a relationship with Him, we need to spend time with Him in order for that trust to develop.

"But I don't know how to pray." Okay. First. Just make the choice to choose to pray. That is a step in itself. Second. Prayer is simply communication with God. He just wants to know how you're doing..so tell Him! Prayer is not something meant to be intimidating, just tell God the truth about where you are at. If things are going great and you're joyful about it, thank Him for that and be joyful with Him! If you find yourself struggling, let Him meet you in the struggles and let Him guide you through them. It's as simple as that! No need to lie, no need to pretend. Pray as you can, not as you can't! For those of you who don't pray every day, start with 15 minutes and build from there. If you can, give Him your first fruits, that time when you first wake up in the morning. Let Him be the first to receive your attention that day.

Communication is a two-way street. To tell Him how we are doing is necessary, but it's also very important to take the time to LISTEN to Him. A great way to do this, a great way to come to learn about Him, to understand where He is coming from, is to go right to the Source: His Word in the Scripture. "There are 73 books in the Bible. Where do I start?!" To take you through the narrative books in the Bible, there is a 90 day plan.

To see and download the 90 day plan, click [here!](#)

### **Sacraments.**

When you are participating in P90X, if you want to reap the greatest results, the greatest benefits, then you need to get rid of the junk and you need to start nourishing your body with what is good and wholesome. Again...it's the same way with Christ. If God seems far away or it seems like you are having a difficult time communicating with Him, it could be because there are sins and weaknesses that may be getting in the way. The GOOD NEWS is that you can bring those sins and weaknesses to Him in the Sacrament of Reconciliation, where your relationship with Him is restored and you can start over!

And just like your body needs food to grow, our souls need the nourishment that is given and received in the Eucharist, Christ's own Body and Blood. As Catholics we believe that the Eucharist is not something that is stripped down to being merely just a symbol, we believe it is "real food" and "real drink," as it states in John 6:55. The disciples on the road to Emmaus (Luke 24:13-35), they knew all about Jesus, but they did not have intimacy with Him, until when? "When He was made known to them in the breaking of the bread," also known as: the Eucharist!

“When can I receive the Sacraments of Reconciliation and the Eucharist?” Every day! For those of you in the Duluth area, click [here](#) to see when Mass is held at the Newman House. The Mass times can also be found on the home page! Confession during the summer months is held 15 mins before EVERY Mass. Or, you can [contact Father Mike](#) at any point to schedule a time for Confession! For those of you outside the Duluth area, [Masstimes.org](#) is a great website listing times for both Mass and Confession.

## **Fellowship.**

Many have said that to do P90X by yourself is very difficult, a few would even say impossible. The developers of the P90X system actually encourage you to reach out to those in your community as well as experts who know all about the process you are going through. It is the same thing with Christ!! (Seeing a trend?)

In giving us the Church, Christ has given us a family, brothers and sisters in the faith. We are not meant to go through this process, this journey alone. Just like Jesus had the apostles, we need friends to help us grow in our faith! When the school year is over and we head back home to our home parish, meeting other young adults can sometimes be a challenge. Here are a few tips:

- 1) For those of you in the Duluth area, please join us for “The Voyage”, the young adult program taking place on Wednesday nights in July. For more information about that, click [here!](#)
- 2) For those of you in the Twin Cities area, click [here](#) to find out more about the Young Adult Group in the Archdiocese of St. Paul/Minneapolis!
- 3) For those of you who belong to a parish that does not have a young adult group, why not consider starting one yourself? Be bold! Or consider speaking with your clergy, or find out about committees within the parish that can help you meet others in the parish.

## **Service:**

In P90X, as time goes on, you are going to see a change within yourself, not just physically, but internally as well. And other people will notice, too! They’ll want to know what changes you made, and why you did it. And you will be so proud of what you’re doing and what you’re accomplishing that you will want to share it with others and give back as well! Again...and for the last time...it’s the same thing with Christ!

As your relationship with Christ continues to be strengthened, why not take what you’ve learned and share it with those you meet back home? As it says in Matthew Chapter 25, “Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me.’ Then the righteous will answer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you, or naked and clothe you? When did we see you ill or in prison, and visit you?’ And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’” Why not get involved with your home parish? Parishes need the voices of their youth and young adults. Talk with your pastor and leaders of various committees to see where your passions and gifts are and GET INVOLVED.