

Date: May 4th, 2020

Title: Cross-Fit: Training in Christianity information

Dear CRC,

Starting this week, I'm teaching a 10 week course called **Cross-fit: Training in Christianity**.

The pun in the name is actually a big part of the point of the course. Christianity is not something we pick up by osmosis, spiritual muscles get flabby if they go unused, and - to switch from the gym to the music hall - the greatest players of the gospel's new song practice their scales again, and again, and again. So we are going back to the basics, which are also the most vital truths of all. "This is a football." Blocking, tackling, passing, catching win championships. Ask our hall of famers like Augustine or Luther or Calvin how to build devil-defeating saints and churches and the answer is disarmingly simple: the Apostles' Creed, 10 commandments, sacraments, prayer. Not just once to prep for profession of faith, but again, and again, and again.

Each week on Monday we will send out a 30-40 minute lecture covering one of the fundamentals of the Christian Faith. Then on Thursdays at 1p, I will host a [zoom call](#) (Password: CRC) for conversation on that week's theme.

Here is the content for the first week:

- [The CF 10 week outline pdf](#)
- [The 4 minute intro video](#)
- [The CF wk 1 outline](#)
- [The CF wk 1 supporting documents from Aug, etc.](#)
- [The CF wk 1 video: What is God?](#)

Grace and peace in Christ,

Phil Anderas
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