

ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." We do not need yoga to find happiness and health, it is found only in Messiah. God alone gives us comfort, joy, peace, and soundness of mind. The Christian knows they have eternal life which is not concerned about karma or reincarnation, wondering whether or not they will come back as cow, monkey, or a potato plant. We have a hope in Heaven based on the sacrifice of Christ on the cross. Let us rejoice in this and find the peace of God and eternal life found only in the Lord Jesus Christ.

And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life. These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.

I John 5:11-13

"Every pose in yoga is a position to a Hindu Deity. Hinduism is based on pantheism, which believes everything is a god, and everybody is a god including yourself and yoga helps attain this oneness with other gods (demons) and brings you with the self-awareness that you are a god."

-Quote is taken from a Christian Author

"Yoga was especially designed as a way to escape the constant and never ending deaths and rebirths of reincarnation."

-By Swan: Sivanada, (Yogi)

**"Believe on the Lord Jesus Christ,
and thou shalt be saved, and thy house."**

- Acts 16:31



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The RICHES OF GRACE

"hath appeared to all men." Titus 2:11

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YOGA

"Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ."

Colossians 2:8

+ Yoga is in total opposition to Biblical Christianity +

Yoga is not only trendy in America but is very popular throughout the world. About ten percent of Americans are now practicing yoga (over thirty million). It is also a thirty billion dollar a year industry in America. It is the fastest growing cult in the world today. Yoga is in every part of life (schools, businesses, YMCA's, sports, and even in many churches). As Christians, our authority is Scripture alone. We must compare the practice of yoga with what God has said in His Holy Word. There is no such thing as Christian yoga. In fact, yoga is in total opposition to Biblical Christianity.

"Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, ..."

Romans 1:21-22

"Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen." **Romans 1:25**

This article is a brief overview of a sermon I preached on yoga. The sermon has more detail and has many quotes from different sources. If you are interested you may contact us at the address listed at the end of this article.

THE MEANING OF YOGA

The word yoga means union or to yoke, and refers to the union of oneself with the divine (the human spirit with the universe). The design is to yoke or bind your inner divinity with universal divinity, that is, the object with the subject, the worshipper with god (Brahma). It means to yoke or bind with the god's of Hinduism as it is practiced in the Hindu religion.

Yoga is much more than physical exercise for health, or a mental technique to promote relaxation, or coping with stress and anxiety. It is an ancient spiritual discipline rooted in paganism. Its purpose is to awaken the divine within us, to dissolve the distinction between creator and creation. It is an old path to spiritual growth and union and to achieve your god status. Yoga is meant to shape life and connect us with the inner life. According to yogis, gurus, and masters, this is what yoga is all about. The physical postures, breathing techniques, and meditations were initially developed for spiritual and religious reasons. I have read hundreds of quotes from the experts on yoga and they agree that the practice is of a religious nature.

Yoga has led many away from Biblical Christianity and faith in the Lord Jesus Christ. In America, the 1960s led to a rapid increase of our drug culture with that generation. Experimentation with psychedelic drugs, music, mysticism, and eastern religions was the catalyst for an expansion of the conscience. Please look at the lyrics written by George Harrison of the Beatles, "My Sweet Lord." Every yoga teacher is a Hindu or Buddhist missionary, even though they may wear a cross and speak of Jesus. Again, ask the experts and consider the eight basic forms of yoga to see the wickedness associated with this practice.

THE DANGER OF YOGA

Yoga is a false religion rooted in eastern religion and mysticism. According to **Deuteronomy 12:1-4**, we are not to borrow a practice from an occult religion (paganism). In **Exodus 20:1-4**, idolatry is a violation of God's commandments in His Holy Scripture.

Yoga appears in much of the sacred literature of India. It is in the Bhagavad Gita, a classic Hindu text written possibly in the fifth

century B.C. In chapter six, Krishna declares "Thus Joy supreme comes to the yogi...who is one Brahman, with god" (quote). The origin of yoga is shrouded in mystery and mythology of eastern mysticism with many variations, yet is contrary to the truth of God's Word. Any form of pagan practice is to be rejected by the Christian (**Deuteronomy 18:9-14**). According to **Romans 1:18-25**, it is an abomination to place creation equally with the Creator, and this is what yoga does. Yoga has its connection with Hinduism and Hinduism has about three hundred and thirty gods. The Bible teaches us that we serve one God who is Creator of all things and Redeemer of lost sinners.

THE CHRISTIAN AND YOGA

There is no such thing as Christian yoga; it did not originate in the church; there is no place for yoga in the Christian's life and should never be brought into it. Yoga is satanic worship and diametrically opposed to Christianity. Yoga and Christianity have a very different concept of God (**I Timothy 3:16**), man (**Romans 3:10**) and salvation (**John 1:29**).

The yoga philosophy cannot be separated from yoga practices, for it is connected to eastern religions. In yoga, meditation is to empty the mind, but in Christianity, meditation is to fill the mind with God's Word (**Joshua 1:8, Psalm 1:2, 119:15,23,48,78,97,99,148; 143:5, and I Timothy 4:15**). Our thoughts are to be centered around the truth of Scripture and not the stupidity of trying to reach a higher form of consciousness to discover the inner secret of divinity. The Bible shows that man is a sinner and the only way to salvation is through Jesus Christ (**John 14:6; Acts 4:12**).

Another issue with yoga is modesty. There is nothing modest about yoga pants on men or women, especially women. According to **I Timothy 2:8-11**, modesty is important to the Christian, and there is a lot of revealing flesh in most yoga settings. Yoga pants are so tight that they are equivalent to wearing pantyhose. In **Romans 12:1-2**, we are to present our bodies as a living sacrifice. Men are stimulated sexually by looking upon the form of a woman's body, and women know this (**Matthew 5:28**).

CONCLUSION

According to **Matthew 11:28-30**, if we yoke up or bind ourselves with Jesus Christ we will have rest for our souls, "*Come unto me, all*