A Hero

In the last two thousand years there has been one man who has influenced me more than any other. He is a true Super-hero, and he is called the Christ, the Living God. Like all Super-Heros, he performed feats no other men could perform. He raised the dead, he healed the sick, he fed thousands with only four loaves of bread and two fish, he walked on water, and he levitated into the sky in front of 500 witnesses.

Not only did he do miracles, but he also lived an exemplary life, setting an example for us all. He loved everyone – lepers, children, tax collectors, and anyone considered by others to be unlovable. He never discriminated and always showed love and respect regardless of what other people said or did.

For many years Christ participated in all of life’s activities, even those that seemed trivial. He worked, he taught in the Synagogue, and he helped others. Among all these activities, He still found time to find a private place to pray and meditate. How has this helped me? Max Lucado said, “You will be at your best forever. Even now you have good moments- occasional glimpses of your heavenly self. When you change your baby's diaper, forgive your boss's temper, tolerate your spouse's moodiness, you display traces of saintliness.” Even in the midst of these seemingly mundane tasks, I, like the Christ, can take the time to meditate, pray, do my yoga, and feel that influx of strength and peace.

What is the second way the life of Christ affects me? First of all, his participation in normal activities has taught me that regardless of what I do in life, those activities or chores have a purpose and an importance. Nothing is too insignificant. Before I came to this realization, I felt that all my little chores were a waste of time and accomplished nothing. Cooking and cleaning were a bother, and I considered them dreary chores. Now I realize they are just as important as any other activities I may be doing.

Everyday activities made up one part of Christ’s life, but His influence can really be broken down into two separate categories - similar to those in yoga. First, he was active, during which time He accomplished much; second, he was passive, during which time he accomplished even more! In yoga we move and flow with vinyasa (We are active); whereas, we hold a pose and consistently stretch with yin yoga (We are passive).

Christ’s passivity became only too obvious when He approached the time in His life that He knew was necessary for the salvation of Mankind. He allowed Himself to be betrayed. He allowed himself to be mocked and ridiculed. He allowed himself to be tried and crucified even though He was innocent.

Passivity, according to quantum physics, also produces results, and often more so than activity does. In the case of Christ, His passivity led to the salvation of sinners the world over. By doing nothing to stop His persecution and death, He freed mankind from sin. A. W. Tozer put it perfectly when he said,

“If man had his way, the plan of redemption would be an endless and bloody conflict. In reality, salvation was bought not by Jesus' fist, but by His nail-pierced hands; not by muscle but by love; not by vengeance but by forgiveness; not by force but by sacrifice. Christ surrendered in order that He might win; He destroyed His enemies by dying for them and conquered death by allowing death to conquer Him.”

So returning to the subject of how the Christ has influenced my life, besides giving me the assurance that my sins are forgiven and a place in heaven awaits me, I have come to realize that my passivity in many situations is not static or worthless. Whenever I choose to be passive in any given predicament, this is a valid choice for me to make, and I need not apologize for it.

Finally, I now realize that yoga and meditation are two necessary parts of my life. Meditation was crucial for the Christ, and it is crucial for me. This is how I keep in touch with reality and keep my mind on an even keel. Meditation, yoga, daily chores: All these activities have purpose and meaning. They enable me to stay in the moment and enjoy the pleasures of the day. Whether I’m active or passive, I know I can do all things with impunity as I emulate the Christ, my hero, daily.