

Can Christians Practice Yoga?

- **We are intentionally designed and created in God’s image. As created beings we are distinct from our Creator. While God’s Holy Spirit does dwell in us, it is unbiblical idolatry to say that individuals are “divine” or are ourselves “gods”** (Gen. 1:27; Gen. 5:1-2; Romans 1:25; Matt. 19:4; Mark 10:6).
- **Christians should love, worship, bow down to, and obey only the God of the Bible** (Exodus 20:1-7; Deut. 6:1; Matthew 4:9-10, 22:37; Romans 1:19-21, 25).
- **Christians should not worship, bow down to, or even mention other gods** (Exodus 20:3, 20:23, 23:13, 23:24; Matthew 4: 9-10; Romans 1:19-21; Gal. 4:8).
- **Christians should not worship or bow down to *idols*; the Bible teaches that idols are connected with demonic activity** (Exodus 20:4-5; Psalm 81:9; Isaiah 2:8; 44:19; Micah 5:13; Romans 1:22-23, 25; Acts 7:43; 1 Cor. 10:20-21; 2 Cor. 6:16; 1 Tim. 4:1; 1 John 5:21; Rev. 9:20).

NOTE: Yoga asanas (or poses) inherently acknowledge and depict the worship of Hindu gods and myths. See “Information for Parents: The EUSD/JOIS Foundation Yoga Program”

- **Christian *meditation* involves focusing on scripture and thoughts about God, not emptying your mind as yoga meditation and Hinduism promotes** (Joshua 1:8; Psalm 119:15, 23, 48).
- **The spiritual realm (angels & demons) although unseen is very *real*** (Mark 16:9; Romans 8:28; Eph. 2:1-3, 6:10-20; 1 Tim. 4:1).
- **As Christians, our battle is not just against the physical/material realm but is also in the spiritual realm** (Eph. 2:1-3; Eph. 6:10-20).
- **Christians must refuse to submit to the government when it attempts to force them to violate their religious beliefs** (*See* Daniel 3:1-18 (Shadrach, Meshach, & Abednego refuse to bow to the King’s idol); Acts 5:29 (“We must obey God rather than men!”)).