



**Q: Why Christian Martial Arts? Why does On Mission Martial Arts exist?**

**A:** *To glorify God. ("Whether you eat, or drink, or whatever you do, do it all for the glory of God." - 1 Corinthians 10:31) If we're going to participate in martial arts, as Christians we should choose a program that is intentional about ultimately existing to glorify God.*

**Q: How then, does On Mission Martial Arts glorify God?**

**A:** *The 10 "points" below will answer this question.*

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**ONE: Glorifying God is our chief purpose.** It's not about us, but rather it's about making a "big deal" out of God.

*"For from Him and through Him and to Him are all things. To Him be the glory forever. Amen."*

*- Romans 11:36*

*"Everyone who is called by My name, and whom I have created for My glory, whom I have formed, even whom I have made."*

*- Isaiah 43:7*

*"Whether you eat, or drink, or whatever you do, do it all for the glory of God."*

*- 1 Corinthians 10:31*

**TWO: Our lives glorify God by acknowledging and exhibiting His character.** Knowing God; Esteeming God; Loving God; Rejoicing in God; Praising God; Imitating God.

*"And behold, the glory of the God of Israel was coming from the way of the east. And His voice was like the sound of many waters; and the earth shone with His glory."*

*- Ezekiel 43:2*

*"O Lord, our Lord, how majestic is Your name is all the earth, who have displayed Your splendor above the heavens!"*

*- Psalm 8:1*

*"The heavens are telling of the glory of God; and their expanse is declaring the work of His hands."*

*- Psalm 19:1*

*"(Jesus speaking) I glorified You on the earth having accomplished the work which You have given Me to do."*

*- John 17:4*

*"Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ."*

*- Romans 15:5-6*

*"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit."*

*- 2 Corinthians 3:18*

*"When He comes to be glorified in His saints on that day, and to be marveled at among all who have believed – for our testimony to you was believed. To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of your faith with power, so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ."*

*- 2 Thessalonians 1:10-12*

**THREE: The Fruit of the Spirit in our lives acknowledges and exhibits/reflects His character.** We are being conformed to the image/character of Jesus Christ.

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."*

*- Galatians 5:22-23*

*"And so we know and rely on the love God has for us. God is **love**. Whoever lives in love lives in God, and God in him"*

*- 1 John 4:16*

*"**Love** is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails"*

*- 1 Corinthians 13:4-8*

*"The **joy** of the Lord is your strength." - Nehemiah 8:10*

*"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the **joy** set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God"*

*- Hebrews 12:2*

*"Therefore, since we have been justified through faith, we have **peace** with God through our Lord Jesus Christ"*

*- Romans 5:1*

*"May the God of hope fill you with all **joy** and **peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (Romans 15:13).*

*We are "strengthened with all might, according to his glorious power, unto all **patience** and **longsuffering** with **joyfulness**."*

*- Colossians 1:11*

*"With all lowliness and meekness, with patience, forbearing one another in love."*

*- Ephesians 4:2*

*We should live "in purity, understanding, **patience** and **kindness**; in the Holy Spirit and in sincere **love**; in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left"*

*- 2 Corinthians 6:6-7*

*"Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfill all the good pleasure of his **goodness**, and the work of faith with power"*

*- 2 Thessalonians 1:11*

*"For the fruit of the Spirit is in all **goodness** and righteousness and truth"*

*- Ephesians 5:9*

*"O Lord, thou art my God; I will exalt thee, I will praise thy name; for thou hast done wonderful things; thy counsels of old are **faithfulness** and truth"*

*- Isaiah 25:1*

*"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith"*

*- Ephesians 3:16-17*

*"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such*

*an one in the spirit of **gentleness**; considering thyself, lest thou also be tempted"*

*- Galatians 6:1*

*"With all lowliness and **gentleness**, with longsuffering, forbearing one another in love"*

*- Ephesians 4:2*

*"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge **self-control**, to self-control, perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love"*

*- 2 Peter 1:5-7*

**FOUR: Sin has caused our minds, emotions, bodies and wills to be turned from God's purpose for our lives** – which is to glorify Him by reflecting His character through the Fruit of the Spirit, etc – to our selfish, limited preoccupations.

*"Professing to be wise, they became fools, and exchanged the glory of the incorruptible God for an image in the form of corruptible man and of birds and four-footed animals and crawling creatures."*

*- Romans 1:22-23*

*"Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God."*

*- Galatians 5:19-21*

**FIVE: To please God and return to His purposes for our lives is to first have the nature of God restored in us through the new birth.** The very character of God is thus infused into our lives via the indwelling Holy Spirit. Coming to Christ and leading others to Christ glorifies God because of this. This is entirely a work of God, by His grace. We have no part in this, but are recipients of the free gift of God.

*"That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."*

*- John 3:6*

*"Therefore if anyone is in Christ, he is a new creature: the old things have passed away; behold, new things have come."*

- 2 Corinthians 5:17

*"For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust."*

- 2 Peter 1:4

*"In Him, you also, after listening to the message of truth, the gospel of your salvation – having also believed, you were sealed in Him with the Holy Spirit of promise."*

- Ephesians 1:13

*"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast."*

- Ephesians 2:8-9

*"He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out on us richly through Jesus Christ our Savior, so that being justified by His grace we would be made heirs according to the hope of eternal life."*

- Titus 3:5-7

**SIX: Then, following the new birth, the task of every child of God is to engage in a battle to root out and destroy the remainders of the sin** that once had universal control over him or her leading to growth into greater degrees of conformity with our Lord.

*"For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus."*

- Philippians 1:6

*"For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren."*

- Romans 8:29

*"Therefore I urge you brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is. That which is good and acceptable and perfect."*

- Romans 12:1-2

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There are two means that will cultivate this growth and sanctification. God is the one who sanctifies us and we cooperate with Him in this process.

***"God works in our sanctification and we work as well, and we work for the same purpose. We are not saying we have equal roles in sanctification or that we both work in the same way, but simply that we cooperate with God in ways that are appropriate to our status as God's creatures. And the fact that Scripture emphasizes the role that we play in sanctification (with all the moral commands of the New Testament), makes it appropriate to teach that God calls us to cooperate with Him in this activity."***

– Wayne Grudem, "Systematic Theology" pp.753

*"May the God of peace sanctify you fully."*

*- 1 Thessalonians 5:23*

*"God is at work in you, both to will and to work for His good pleasure."*

*- Philippians 2:13*

*"For if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live."*

*- Romans 8:13*

*"Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love.*

*- 2 Peter 1:5-7*

**SEVEN (a): The first method of growth and sanctification comes through positive actions we take** in obedience to the commands of our Lord in Scripture. This is called "vivification" in some circles, meaning, "To bring to life." We will call these actions **SPIRITUAL DISCIPLINES**. Some examples are: Bible intake (Scripture reading, study, memorization and meditation), Christian fellowship, Worship, Prayer, Fasting, Service, and Witnessing. All glory to God, not ourselves, for any positive growth that comes through these disciplines.

***"Spiritual transformation is not a matter of trying harder, but of training wisely."***

– John Ortberg, *"The Life You've Always Wanted"* pg.43

*"But his delight is in the law of the Lord and in His law he meditates day and night."*

*- Psalm 1:2*

*"But He answered and said, 'It is written: Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'"*

*- Matthew 4:4*

*"In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the sound doctrine which you have been following. But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness: for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds the promise for the present life and also for the life to come."*

*- 1 Timothy 4:6-8*

*"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, accurately handling the word of truth."*

*- 2 Timothy 2:15*

*"And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father."*

*- Ephesians 5:18-20*

*"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints."*

*- Ephesians 6:18*

*"For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil."*

*- Hebrews 5:13-14*

*"And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near."*

*- Hebrews 10:24-25*

**SEVEN (b): The second method of growth and sanctification comes through actions where we are battling our three enemies** – our flesh or old nature, Satan and the world culture. A portion of this could be called “mortification,” or putting to death the old nature. This area would be what many call **SPIRITUAL WARFARE**. Struggling versus sin, Putting to death the deeds of the flesh, Resisting the culture (insulate vs. isolate or imitate), Resisting the devil, etc. All glory to God, not ourselves, for any “victories” in these spiritual wars.

*"For if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live."*

*- Romans 8:13*

*"Now those who belong to Christ Jesus have crucified the flesh with its passions and desires."*

*- Galatians 5:24*

*"Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God."*

*- Ephesians 6:10-17*

*"Do not be deceived: 'Bad company corrupts good morals.'"*

*- 1 Corinthians 15:33*

*"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord."*

*- 1 Corinthians 15:58*

*"So that no advantage would be taken of us by Satan, for we are not ignorant of his schemes."*

*- 2 Corinthians 2:11*



*"Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God."  
- 2 Corinthians 7:1*

*"For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."  
- 2 Corinthians 10:3-5*

*"This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight, keeping faith and a good conscience, which some have rejected and suffered shipwreck in regard to their faith."  
- 1 Timothy 1:18-19*

*"Therefore if anyone cleanses himself from these things, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work. Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart. But refuse foolish and ignorant speculations, knowing that they produce quarrels"  
- 2 Timothy 2:21-23*

We will now make a transition from these two means of growth and sanctification to consider how On Mission Martial Arts can be a vehicle the Lord uses to come alongside the church body and the family to help accomplish these things for participants in the OMMA community of Christian martial artists.

***"Natural things were ordered for types of spiritual things."***  
– Jonathan Edwards

**EIGHT (a): As integrated beings, our BODY, SOUL and SPIRIT are affected by each other in various ways. Physical, Mental and Spiritual Disciplines** interact to deepen the strength of body, soul and spirit. Two distinctives of a martial arts program are the emphasis on the integrity of the person (body, soul, spirit) and the emphasis on intentional, systematic and progressive disciplines allowing one to eventually accomplish things that cannot currently be done. Success lies not in trying harder, but in training consistently.

*"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."*

- 1 Corinthians 6:19-20

*"Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. Everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore, I run in such a way, as not without aim; I box in such a way, as not beating the air; but I discipline my body and make it my slave, so that , after I have preached to others, I myself will not be disqualified."*

- 1 Corinthians 9:24-27

**EIGHT (b): Clearly a distinctive of a martial arts program is the concept of the WARRIOR SPIRIT** which includes Offensive techniques, Defensive or guarding techniques and Character Attributes required of a Warrior. The Warrior is increasingly **AWARE** of the battles to be fought, **EQUIPPED** to fight them and willing to be **ENGAGED** in the battles as they are called to fight by his or her King.

*"Therefore let him who thinks he stands, take heed that he does not fall."*

- 1 Corinthians 10:12

*"Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love."*

- 1 Corinthians 16:13-14

*"For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."*

- 2 Corinthians 10:3-5

*"This command I entrust to you, Timothy, my son, in accordance with the prophecies previously made concerning you, that by them you fight the good fight, keeping faith and a good conscience, which some have rejected and suffered shipwreck in regard to their faith."*

- 1 Timothy 1:18-19

*"Fight the good fight of faith; take hold of the eternal life to which you were called, and you made the good confession in the presence of many witnesses."*

- 1 Timothy 6:12

*"I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord,*

*the righteous Judge will award to me on that day; and not only to me, but also to all who have loved His appearing."*

*- 2 Timothy 4:7-8*

**NINE:** The On Mission Black Belt (OMBB) or the OMBB in training is a person who is becoming increasingly **Aware** of, **Equipped** for and **Engaged** in the advance of God's Kingdom of redemption and reconciliation according to the "battle plans" laid out in the Word of God, through the power of the Holy Spirit.

To summarize and amplify the above eight points, the OMBB or OMBB in training becomes Aware, Equipped and Engaged ("On Mission") through the following specific actions:

- (1) Sharing God's love through our words with those who do not yet belong to God's family.

*"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo I am with you always, even to the end of the age." - Matthew 28:19-20*

- (2) Mentoring and discipling those fellow believers in the program who are less mature in certain areas.

*"Be imitators of me, just as I also am of Christ." - 1 Corinthians 11:1*

*"The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also." - 2 Timothy 2:2*

- (3) Exhibiting the love of God through our deeds – humanitarian acts ministering to the hungry, broken, prisoners, widows, orphans and the "least of these."

*"The King will answer and say to them, 'Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.'" - Matthew 25:40*

- (4) Encouraging others, both without and within the OMMA program, to do the same.

*"And let us consider how to stimulate one another to love and good deeds." - Hebrews 10:24*

- (5) Prayer – committing each class and all aspects of the program to God’s leading. Praying for victory in the various arenas of spiritual warfare.

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" - Philippians 4:6-7*

*"...The prayer of a righteous man is powerful and effective"  
- James 5:16*

*"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints"  
- Ephesians 6:18*

*"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus"  
- 1 Thessalonians 5:16-18*

- (6) Spiritual fitness through spiritual disciplines enables us to more effectively “guard” ourselves from certain attacks that may weaken or cripple us.

*"Watch over your heart with all diligence, for from it flow the springs of life." - Proverbs 4:23*

*"Guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to you." - 2 Timothy 1:14*

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*"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them."  
- Ephesians 2:10*

**TEN:** It is not required to participate in a Christian Martial Arts program in order to accomplish all of the above nine items. In fact, many of these things should be and will be occurring in the lives of people through the local church, family and other Christian communities and ministries. That said, below are a few thematic areas where we believe OMMA can and will contribute for those whom the Lord may call to participate in this program:

- (1) **Martial arts parables:** Spiritual truths about war, warfare, being a warrior or soldier, following commands of a leader, fighting for things worth fighting for and not fighting unnecessary battles can be learned or

additional perspective can be gained about them as they are seen reflected in the physical/natural realm.

*"For God has not given us a spirit of timidity, but of power and love and discipline." - 2 Timothy 1:7*

- (2) **God's character as a Warrior**: As we become more aware of the concept of a "warrior," we can better understand, acknowledge and reflect (in our limited ways) God's character attribute of being a Mighty Warrior and a Defender of the innocent, of justice and of His glory

*"The Lord is my strength and song, and He has become my salvation; this is my God and I will praise Him; my father's God, and I will extol Him. The Lord is a warrior; the Lord is His name."  
- Exodus 15:2-3*

- (3) **Integrated Disciplines**: Martial arts classes are built upon the consistent, intentional and progressive repetition of various physical and mental disciplines and thus create a good environment to build in additional spiritual disciplines. Since God created us as integrated beings, body, soul and spirit, these disciplines all interact together and affect the whole person. Being physically and mentally fit better enables us to be most effective in our spiritual disciplines. Things like more physical energy and mental focus allow for more effective Bible intake, prayer, fasting, solitude and service, among others.

*"You shall love the Lord with all your heart, and with all your soul, and with all your mind."  
- Matthew 22:37*

- (4) **Martial Arts Character Traits**: The martial arts have often been connected with character development as well as fighting prowess. Wise martial arts teachers have considered this a vital counterbalance to the dangerous techniques learned. Gichin Funakoshi, the founder of karate said that, *"The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the characters of its participants."*

Of course as Christians we understand that we need to focus on developing Christ-like character, thus OMMA includes in our curriculum twelve (12) particular character qualities that are involved in our martial arts training, yet studied from a Biblical perspective rather than an eastern religious or humanistic worldview. Many of these are related to the character of a warrior as described in Point#2 above. The 12 traits are:

***Awareness, Compassion, Courage, Diligence, Focus, Humility, Peacefulness, Perseverance, Respect, Responsibility, Self-Control, and Wisdom.***

**Overarching Characteristic =  
SPIRIT FILLED (as opposed to led by self)**

True growth into Christ-like character is an impossible task in our own strength. We need to daily, even moment-by-moment, cooperate with the Holy Spirit in our lives to give us the power, wisdom and direction to grow in each of the twelve character qualities listed below.

- (5) **"On Mission" Mindset:** All of the growth physically, mentally and spiritually is applied as we connect (get engaged) with God's redemptive plan by reaching outside of ourselves. By sharing the love of God in Christ through our words and deeds, in various ways as the Spirit leads, we advance the Kingdom of our King.
- (6) **Self Defense Skills:** Justice and protection of the innocent from the wicked.

Here are the specific activities students will participate in during their journey to OMBB and beyond:

- (1) **Martial Arts Classes**
- (2) **Times of focused Prayer**
- (3) **Scripture Memorization**
- (4) **Scripture Reading and Journaling**
- (5) **Group outreaches**
- (6) **Individual outreaches**
- (7) **On Mission Moments**
- (8) **Bible Study Worksheets**
- (9) **Developing Personal Integrated Disciplines Plan – physical, mental and spiritual.**
- (10) **Retreats – martial arts and Christian fellowship, worship, prayer, study, etc.**
- (11) **Biblical character trait study & discussion & application**