



Power & Might Ministries



Coach & Rebecca Powers

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Rom 12:1-2

Coach Powers began formal Physical Fitness training when he was just 3 years old. He has been designing exercise and sports training programs since 1971. Now, in 2007, 36 years later, he and his wife Rebecca have been inspired by the Holy Spirit to help believers achieve both the blessings and benefits of true Physical Fitness. In 3 John 2 the Apostle prays that “all is well with us and that our bodies are as healthy and fit as he knows that our souls are.” Thus, we know that it is a biblical fact that we will never be healthier or more prosperous than our souls. Power and Might Ministries mission is to biblically assist Christian believers, and evangelically assist non-believers to prosper in their health through obedience to God’s word. Physical Fitness is “wholeness” in the body and is within one’s spirit. It is the absence of illness, infection, disease and shock, and the ability to perform recreational and vocational tasks without the risk of injury and undue fatigue.

Programs and Services:

- **The Message** of “Physical Fitness and the Scriptures” is a 45 minute presentation that is intended for the church body during regular services. Presenting our bodies as holy and living sacrifices is the scriptural basis. (Romans 12:1)
- **The Seminar** on “Physical Fitness and the Scriptures” is a 2 hour program of the nuts and bolts in “how to” become Physically Fit.

Topics Include: Understanding the concept and components of Physical Fitness.

Cardio-vascular/respiratory endurance conditioning.

Muscular/Skeletal strength, function and tone.

Joint flexibility and body elasticity.

Reducing body fat and getting lean.

Realistic and proper nutrition – meal planning.

Proper sleep – for rest, recovery, restoration and growth.



- **The Fitness Helps Ministry** where both Coach and Rebecca strategically workout one-on-one with Pastors and Evangelists to assist them in getting back on track in their own personal fitness.

If you have been led to secure or return back to the Physical Fitness that Father God has intended for you and/or your church family, please call the “Coach” at **808-896-3054** or visit www.powerandmight.org.

“This message balances exercise and spiritual health through a strong relationship with the Lord Jesus and an ever increasing knowledge of his Word.” – James “Tex” Teixeira, Senior Pastor – Solid Rock Ministries, Hawaii

“Physical Fitness and the Scriptures” is the fruit on the tree. Coach and Rebecca Powers have an unwavering commitment to spiritual and physical excellence.” – Paul Baloché – Songwriter, Pastor, and Producer