

**“Going Old School”** by Kirk Hunt

*Thus saith the LORD, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.*

Jeremiah 6:16 KJV

As I research strength training exercises ([lifts](#)) I have discovered two different viewpoints. One camp searches for ever faster, more “efficient” routines and techniques. The other guys focus on classic, “old school” lifts.

The “scientists” want a faster, smarter (less sweaty) way to results. The “grunters,” argue that the classic methods are the smartest way, but you will have to be patient. I have decided on a path.

Old school requires less equipment. The focus on quality over quantity makes you less prone to injury. Of course, you must take your time and focus on the process.

Jeremiah called out to Israel. God called His people back to His love and covenant. Of course, Israel had a choice. They could continue on the pagan road and its results. Or they could choose the old path with God.

God calls to you. He offers the power, blessing and peace that can only come from relationship with Him. Of course, that requires Bible study, prayer and fasting. God’s path requires that you take your time and focus on the process. I pray you decide on the old path.

**Think:** The path to God is the smarter way, even if you have to be patient.

**Pray:** “Lord, help me choose the path that leads most securely back to You.”

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