

Addendum


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Can't Find the Time to Exercise and Pray?

Try Combining the Two

During my first 11 years in law practice I had difficulty taking the time for daily exercise and prayer. In my opinion both are critical to the well-being of a lawyer, especially because of the stressful nature of our work. But having to set aside separate times to do each activity deterred me from doing either.

Twenty years ago, I decided to combine exercise and prayer, and gradually they both became easier for me. If I missed one, I missed the other, and this made me more disciplined—not wanting to miss either.

When I first combined the two, I prayed while jogging two miles early each morning. Now, at age 57, due to the stress that jogging puts on my knees and ankles, I have moved to a stationary bike. The good thing about this is I don't step in holes or twist ankles during my prayer time anymore! It takes roughly an hour (sometimes a little more and sometimes a little less based upon my energy level) to complete the morning exercise and litany of prayers.

Carving out this time each day for the combined regimen of prayer and exercise is now a top priority—so much so that if it means waking up earlier to get it done, I willingly forego sleep to get in the prayer and exercise. Combining these two activities has been a blessing in my life. I hope it will be helpful to you, too.

—Sam Crosby, Daphne

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