



# Pastor Jim Teaches

## A Christian Concept of Chi/Ki

There are many concepts that are certain to arise when Christians engage themselves in the martial arts. Besides the obvious thoughts of self-defense and feats of strength and speed, there quickly rises to the top of the heap, the thought of chi/ki. While certainly there is much confusion to this issue, this article will attempt to spread some light to the subject.

Basically, there are two differing concepts of ki: that of a combination of the mind, body, and spirit and that of a “super” spirit within a man.

In the light of viewing ki as a combination of the mind, body, and spirit, I think it is very possible to accept this concept as a practicing Christian martial artist (although I would be hesitant to use the term, “ki”/”chi” in referring to it.) This force has been recognized in desperate situations where mothers have had to call upon all of their personal resources in order to rescue their child from underneath some extremely heavy object or some similar scenario. Terms used have ranged from “super human strength” to “adrenaline rush.” Certainly, it is compatible with the Christian faith and practice to discipline the mind and body and to focus all of one’s energies toward a given task. This would fall in line with ancient Hebrew philosophy of man being observed not as body, mind, and spirit, but instead as one, singular, unified being incapable of separating the various parts of his existence. On this basis, chi/ki is probably an acceptable practice (dependent upon the terminology used.)

There is, however, another aspect of chi/ki that takes a more serious, dark turn; that is observation of chi/ki as strictly being equated with the spirit. There is a vast amount of teaching that chi kung and breathing-type exercises possess the capability of developing the spirit of man. This is contrary to Scripture wherein we see that the spirit of man is only developed through his relationship with/to God. In fact, any other type of spiritual development is playing with forces that are not of God. I have personally witnessed some of the superhuman feats that have been portrayed as feats of a highly developed Ki. These feats have ranged from one who was able to extinguish candles from the far side of the room with a simple, directional, ‘flick’ of the wrist to one who could move another individual with a door between them (and never touching that individual.) These feats were either faked or feats of an other-spirit world. Either way, they have no place in the Christian artillery of discipline and strength. Regarding these things, I strongly recommend that the believer avoid them at all costs

As this short paper is incapable of answering the questions that may arise in refutation to it,

let me say that these are quite simply my humble opinions. However, when dealing with spiritual things, we need to address them in spiritual understanding. Please allow these thoughts to create a sense of study and discipline within you.

**Pastor Jim Garrett**

[Return to PACMAN Home page](#)