

4/21/2026 Daily Devotions:

 Dr. Venkat Potan

Topic: Christian Yoga? What Every Believer Needs to Know Before Stepping on the Mat

<https://youtu.be/UmhWgDWBXnc>

1. Ask: What Am I Practicing?

In today's world, yoga is often presented as a simple path to fitness, flexibility, and peace of mind. Many approach it as a physical exercise, separated from any deeper meaning. Yet behind the movements and breathing patterns lies a long philosophical tradition that was originally connected to spiritual ideas about the self, consciousness, and ultimate reality.

For a believer, this raises an important and thoughtful question: *What am I actually engaging with?* Scripture gently guides us toward awareness and understanding. As Proverbs 4:7 reminds us, "Wisdom is the principal thing; therefore get wisdom." A Christian life is not only about participation, but about understanding the meaning behind what we practice and embrace.

This is not a call to fear, but to awareness. When we understand the roots and purpose of a practice, we are better able to walk with clarity and conviction in our faith journey.

2. Stay Centered: Christ as the Source of True Peace

Many are drawn to yoga because they are seeking peace, balance, and inner calm. These desires are real and deeply human. Yet Scripture points us toward a different source for lasting peace. Jesus says in John 14:27, "Peace I leave with you; my peace I give to you." This peace is not something we generate within ourselves, but something we receive through relationship with Him.

Christian spiritual life is centered on communion with God rather than inward self-realization. Prayer, meditation on Scripture, and worship direct the heart toward a living relationship with Christ. This orientation shapes not only what we do, but why we do it.

As believers grow in understanding, they begin to recognize that spiritual practices are not neutral. They carry meaning, direction, and purpose. Discernment helps us choose what aligns with our faith and what leads us closer to Christ.

Prayer:

Lord, give me wisdom to understand the things I engage with each day. Help me to seek You as the true source of peace and to walk with clarity in my choices. Keep my heart centered on You. Amen.

Want to explore this further?

To understand more about yoga, modern spirituality, and how these ideas are shaping Christian thinking today, read *Hinduism and the New Age Movement: The Spiritual Battle for the Church in the West* written by Dr. Venkat Potana. Click the bookstore link and get your copy today.

<https://sites.google.com/view/venkat-potana>