

Fitness Ministry in Germany

Uniting Body, Mind, and Soul with a Christ-Centered Approach



To see Germany's fitness and health community become a place where people encounter the hope of Jesus, experience genuine community and discover an identity that goes beyond performance and appearance.

We connect and equip Christians in fitness and health to live missionally where they already are. Through relationships, events, professional expertise, partnerships and ministry tools such as Tikva, we seek to bring faith naturally into the fitness world.

Project Context

Fitness ministry is an innovative approach that integrates physical health with spiritual growth, responding to the increasing stress and disconnection in modern society. Rooted in the idea of stewarding the body as a temple, it provides a faith-based alternative to mainstream fitness trends. Emerging in recent decades, fitness ministry has gained prominence as a tool for building stronger communities, promoting wellness, and offering Christians an opportunity to align their health practices with their beliefs.



Plans for 2027

We want to strengthen Tikva training, deepen cooperation with other mission organizations and build a wider network of Christians in fitness and health. A major focus will be developing a Christian presence at FIBO 2027, bringing together athletes, instructors, therapists, bodybuilders, influencers and nutrition professionals.

2026 Highlights

- **Growing Team:** Five new sports physiotherapists joined different areas of the sports ministry, while one person joined the Tikva Team Germany.
- **Impact Academy & ECSU:** Impact Academy Germany created two lasting new connections, and participating in the ECSU Fitness Gathering in Naples strengthened and encouraged the local team.
- **Tikva Outreach:** Tikva continued to grow through two sessions with 40+ participants each at a Christian conference, as well as regular programs in churches and local communities.
- **HYROX & Hybrid Fitness:** HYROX Cologne and Face the Grynd in Siegen opened new opportunities to engage with athletes, share faith and build connections within the growing hybrid fitness community.



Prayer Requests:

- **Capacity & Team Growth:** Pray for wisdom, time and additional people to help develop the growing Fitness & Health ministry alongside work and family commitments.
- **Tikva Development:** Pray for the next Tikva training, new instructors and opportunities to establish Tikva in more churches and communities.
- **FIBO 2027:** Pray for the right concept, partners and Christian professionals to create an authentic and impactful presence at FIBO.
- **Partnerships & New Mission Fields:** Pray for strong collaboration with other mission organizations and open doors within HYROX and the wider fitness community.



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