

Strength Training

1 Timothy 4:8

For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.



How often do you train? - Prayer

- ▶ Philippians 4:4-7
- ▶ James 5:13-18
- ▶ 1 Thessalonians 5:16-18
 - ▶ Rejoice always
 - ▶ pray without ceasing
 - ▶ in everything give thanks; for this is the will of God in Christ Jesus for you.

How often do you train? - Study

- ▶ Acts 17:10-11
- ▶ 2 Timothy 2:15
- ▶ Hebrews 4:11-13

How often do you train? - Service

- ▶ Matt 10:40-42
- ▶ Matthew 25:31-46
- ▶ Luke 9:23-27

Weight training?

- ▶ 1 Peter 2:1-2
- ▶ Hebrews 5:11-6:12

Kaizen/zenkai - Improving

- ▶ Increase Reps!
- ▶ Coach's Guidance!
- ▶ Set Goals!
- ▶ Seek Help!
- ▶ Keep striving!

