



August 20

Exercise

TODAY'S TREASURES



And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. ~ ROMANS 12:1 (NLT)

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

~ 1 CORINTHIANS 6:19-20 (NLT)

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

~ 1 CORINTHIANS 9:24-27 (NLT)

[An excellent woman] equips herself with strength [spiritual, mental, and physical fitness for her God-given task] and makes her arms strong.

~ PROVERBS 31:17 (AMP)

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

~ 1 TIMOTHY 4:8 (NIV)

MORE TREASURES

1 Corinthians 10:31; Isaiah 40:28-31; 3 John 1:2; Galatians 5:22-23;

1 Thessalonians 5:23-24; 2 Timothy 1:7; 2:5; 4:7-8;

Philippians 4:13; Hebrews 12:1

PRAYER

*Lord Jesus, I love walking with You and I love exercising with
my husband, Dennis!*

We do it to bring glory to You! Amen!