

151009 Friday Rest/Recovery

Pro 28:22

A man with an evil eye hastens after riches, And does not consider that poverty will come upon him.

GOD's ways are not ours but the should be. Do you want security? Seek the Lord Jesus and His ways and it will be found for you.

FOR TIME REST AND RECOVER

GIVE YOURSELF TIME TO HEAL FROM THE 4 WOD'S
GRAB A COPY OF

"BODY BY SCIENCE"

BY

DOUG MCGUFF AND JOHN LITTLE

I HAVE FOUND THIS TO BE ENLIGHTENING. IF YOU GET NOTHING MORE THAN THE SCIENCE FROM IT YOU ARE WELL SERVED.

THE EXERCISE PROTOCOL IS FASCINATING AND WELL WORTH A TRY FOR ANY SERIOUS TRAINEE.

SEE @ AMAZON.COM

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17