

## WEDNESDAY 130213 (REST / RECOVERY)

“All the days of the afflicted [are] evil: but he that is of a merry heart [hath] a continual feast.”

KJV

Proverbs 15:15

**Base:** Rest / Recovery  
See: Samson Option PT Base

TRAIN HARD WITH PURPOSE:

“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.”

KJV

Col. 3:17