

# 150903 Friday SAMSONIZED

Pro 28:5

Evil men do not understand justice, But those who seek the LORD understand all.

*Men who turn from GOD know little about truth. Those who seek the Lord know all.*

## FOR TIME

"SAMSON 500"

100 PUSH UPS

100 SIT UPS

100 KBS @ 1 POOD

100 PULL UPS

100 AIR SQUATS

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