

SUNDAY 130217 (REST DAY)

“The wicked is banished in his wickedness, But the righteous has a refuge in his death.”

NKJV

Proverbs 14:32

Base: ROM / Seal Grinder PT <http://sealgrinderpt.com/> (30 Minute Cap)

Or

Jog LSD 10k



“And LORD, please LORD, can you make chocolate chip cookies without calories?”

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