

Let's get physical

Ref: RT470
Date: 8.4.18
Series: Commonwealth Games
Reading: 1 Timothy 4:8a

Why should I take care of my body?

1. Because _____
2. Because _____
3. Because _____

How do I take care of my body?

1. Commit myself to _____
2. Commit myself to _____
3. Commit myself to _____

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