

## **Fit 4 Ever: Time to Recharge**

Has your cell phone battery ever died? Mine sure has. Every night I plug in my cell so that it can recharge. But if it doesn't charge long enough, its battery dies early. And a quick tricklecharge in the car doesn't seem to help at all.

Have you ever considered how much sleep for your body is like recharging your own battery? When we don't get enough sleep, we run out of charge.

### **Bible Reference:**

Matthew 11



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