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## **Fit4Ever: One Thing**

I've heard it said that the definition of insanity is doing the same thing over and over and expecting a different result. Well, I don't know about you, but I can definitely identify with that. It's like we know we've taken a wrong turn or are on the wrong road, but we keep going anyway. And, worse yet, we somehow think that we'll still get to our destination.

### **Bible Reference:**

Philippians 3



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