

## **Fit 4 Ever: The Heart of an Athlete**

Solomon knew the importance of taking care of the heart. It is not only the most important muscle in the body for physical life, but also for spiritual life. Have you ever considered that your behavior is really a reflection of your heart? We are encouraged to guard our hearts because our attitudes, our thoughts, our emotions, our words and our actions all flow from the condition of the heart. Anger, jealousy, pride, conflict — all of these reveal the state of your heart.

### **Bible Reference:**

Proverbs 4



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