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[Home](#) > Fit 4 Ever: It's Time to Train

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## **Fit 4 Ever: It's Time to Train**

My favorite scenes from the *Rocky* movies are the training scenes. They are vintage Stallone — the intensity, the discipline, the passion! I have vivid images of him punishing a side of beef, trudging through the heavy snows of Siberia and running mile after mile before the sun rises. Even though the outcomes of these fights were decided in the scripts, real-life outcomes are often determined by how we train and how we get ready for the inevitable storms of life.

### **Bible Reference:**

1 Peter 5



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