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Fit4Ever: Stir It Up

When Jesus saw him lying there and knew he had already been there a long time, He said to him, "Do you want to get well?" John 5:6 I have to be honest. As Americans, most of us are like stagnant ponds: We don't move very much, and our health stinks. It's sad, but true, and it's a lifestyle that goes against the one God intended for us. Instead of putrid ponds, I believe He created us to resemble lively, running rivers.

Bible Reference:

John 5



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