

## **1 Timothy 4:8**

### **Ready:**

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For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

### **Set**

Hockey Chat: Hockey takes a lot of strength. There are all kinds of ways to build muscle and work on our cardio. Everything from weights to treadmills. They all help prepare us physically.

But to win the game you have to not only be able to play it, you have to know it. NHLr's get head strong by watching hours of film and studying the game to learn the game with their mind to go along with their body. They strengthen both.

### **Go**

Life Lesson: Exercise is a great for taking care of our mortal bodies that God gave us. But to take care of our ever lasting souls we exercise our minds with God's word. Working on are heart through exercising on treadmills and playing hockey games is a way to keep it lasting longer in this life, and we can work on our true spiritual heart through walking with Christ who will give us an eternal heartbeat in an everlasting life.



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