

Fit 4 Ever: Fitness Myths

Have you ever seen the show “MythBusters”? Every week, these two crazy guys try to separate truth from urban legend. They take commonly accepted ideas like the ones that say eating turkey makes you sleepy or that certain sodas will completely dissolve rusty bolts, and then they prove them to be true or false.

I have to wonder if the Apostle Paul would have been the host of this type of show from a spiritual perspective. He certainly would have had a blast busting the “irreverent and silly myths” of his day with the truth of Jesus!



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