

Fit4Ever: The Olympic Difference

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” – Colossians 3:23-24 (NIV) The Olympic Games are so inspiring to me. There’s something incredible about the Olympic Spirit—the athletes’ internal quest for greatness and their desire to push themselves—body, mind and soul—to the limit.

Bible Reference:

Colossians 3



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