

SPIRITUAL GYM
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**Remember man
that thou art dust
and to dust
thou shall
return!**



IT WOULD BE A GREAT **SHAME** **TO BE** **FIT**
TO WORK SO HARD **TO BE**
FOR THIS WORLD
AND BE **UNFIT**
FOR THE KING

**He that loveth his life shall lose it; and
he that hateth his life in this world,
keepeth it unto life eternal (John 12:25).**

**Bodily exercise is profitable to
little: but godliness is profitable
to all things! (1 Timothy 4:8).**

**With fear and trembling work out
your salvation (Philippians 2:12).**