

Move and Be Still

Move: Work out at least 3 times a week

- **John 1-2.** Jesus walked 82 miles in 3 days.
- **Rather train yourself for godliness; ⁸ for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:7-8**

Be Still: Spend 15 minutes a day being still and listening to God.

- **“Be still and know that I am God.” Psalm 46:10.**
- **Psalm 62: 1,5.**
For God alone my soul waits in silence;
from him comes my salvation. . . .
For God alone, O my soul, wait in silence,
for my hope is from him. Psalm 62:1,5
- **Isaiah 30:15**
For thus said the Lord GOD, the Holy One of Israel,
“In returning and rest you shall be saved;
in quietness and in trust shall be your strength.” Isaiah 30:15