











Training the body	has some value.
But being godly	has value
in every way.	It promises
help for	the life
you are now	living
and the life to come.	1 Timothy 4:8, NIrV

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.	1 Timothy 4:8, NIV