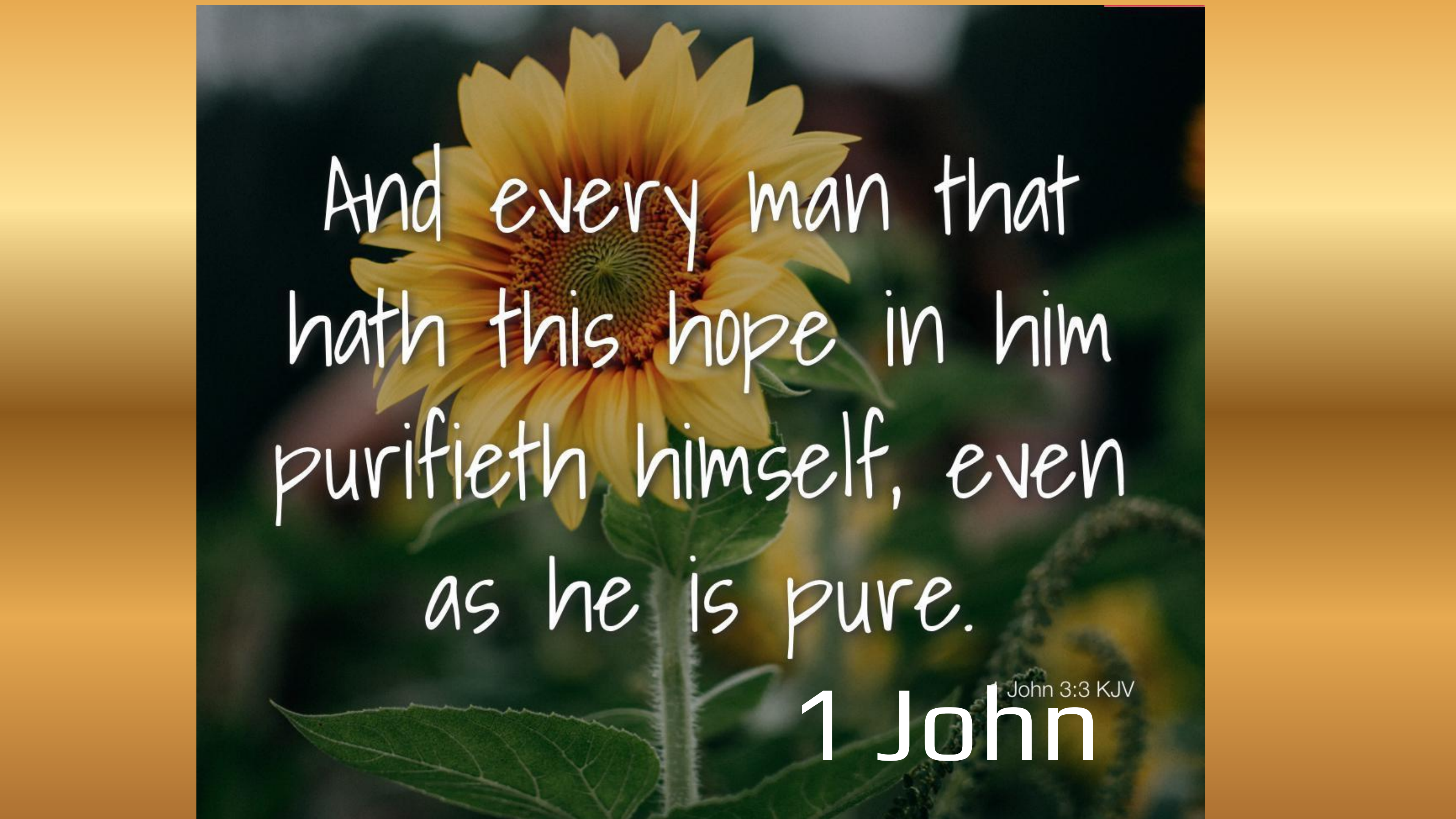




Living Fit for Christ's soon return

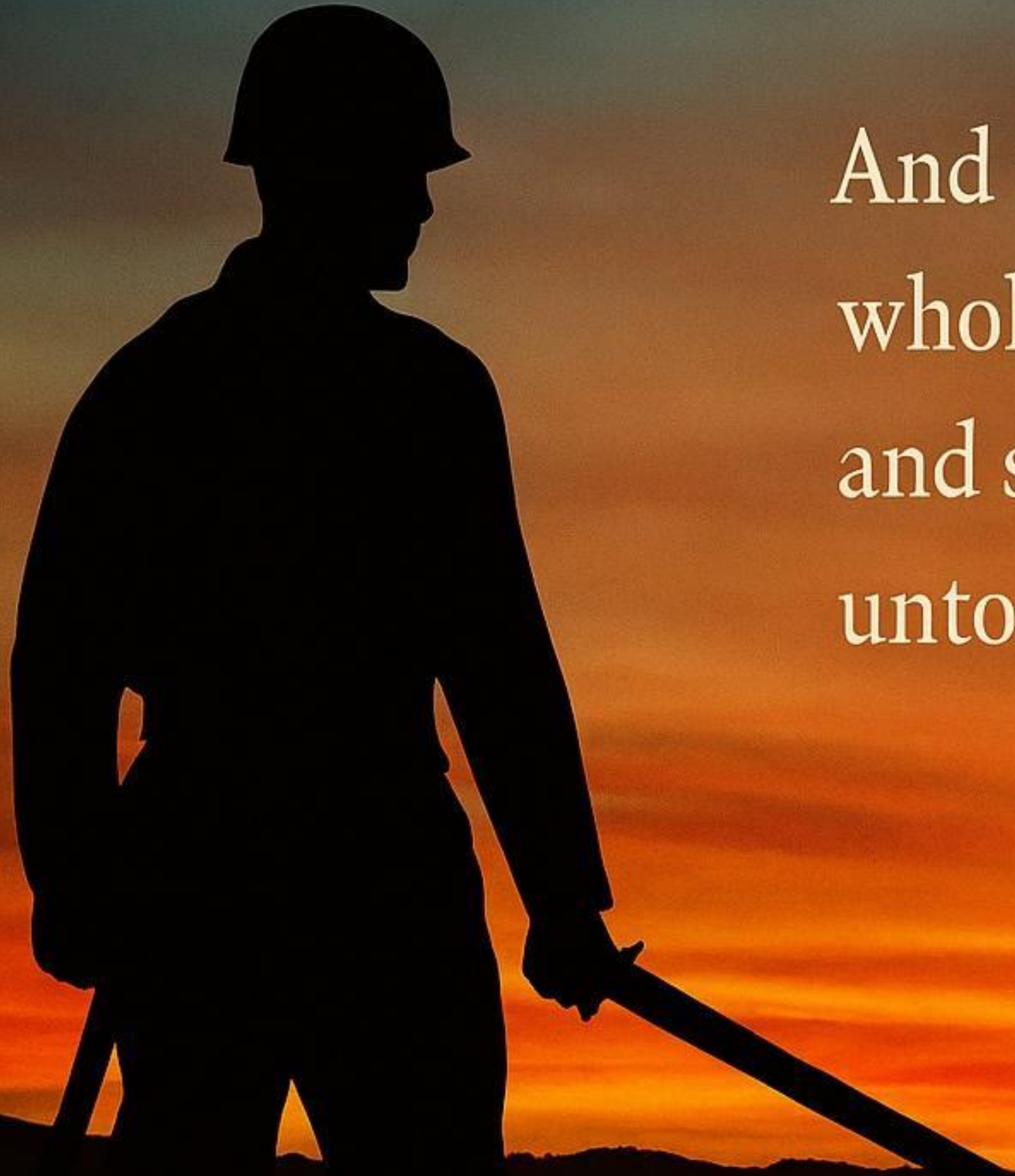




And every man that
hath this hope in him
purifieth himself, even
as he is pure.

John 3:3 KJV
1 John

THE CALL TO READINESS



And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

– 1 Thessalonians 5:23

Nutrition





Whether therefore ye eat, or drink,
or whatsoever ye do, do all to the
glory of God
1 Corinthians 10:31

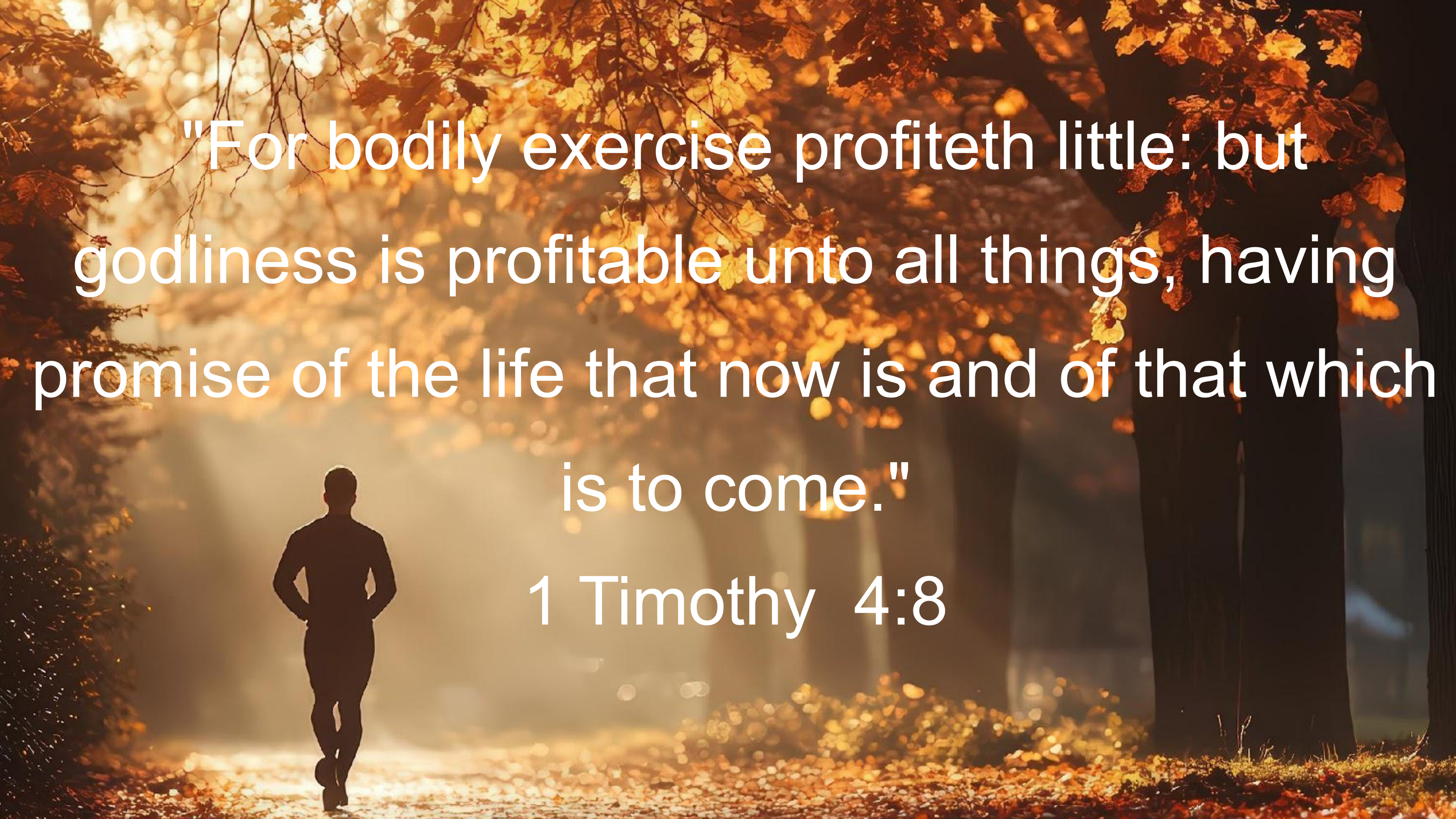
But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceeded out of the mouth of God

Matthew 4:4



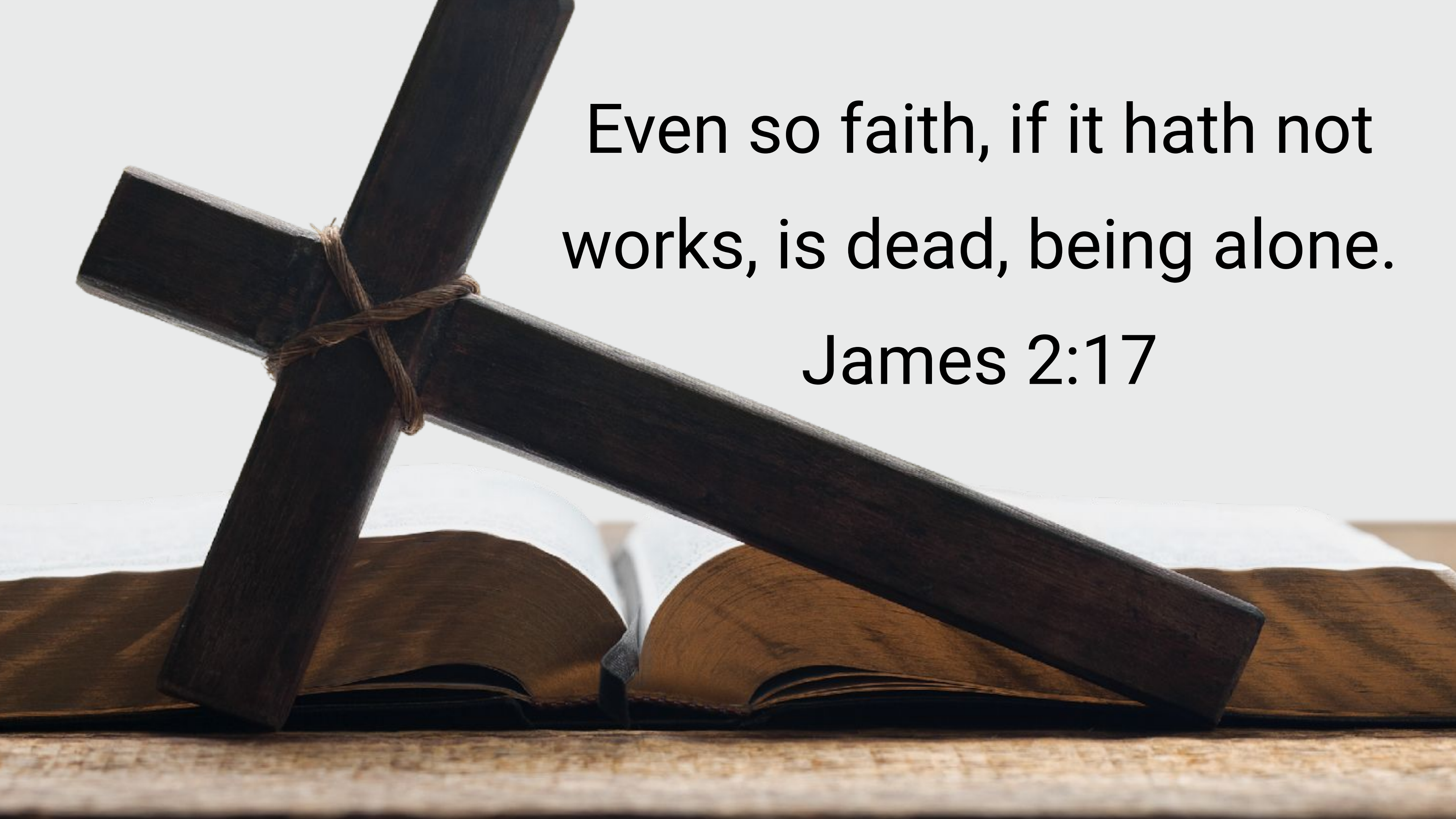
EXerCISE



A person's silhouette is seen from behind, walking away on a path covered in fallen golden autumn leaves. The path is flanked by trees with vibrant yellow and orange foliage. Sunlight filters through the trees, creating a warm, hazy atmosphere. The text is overlaid in white, centered on the image.

"For bodily exercise profiteth little: but
godliness is profitable unto all things, having
promise of the life that now is and of that which
is to come."

1 Timothy 4:8

A wooden cross, made of two dark, weathered beams, is positioned diagonally across the frame. The cross is tied together at the intersection with a piece of light-colored twine. It rests on an open book with aged, yellowed pages. The book is placed on a light-colored, textured surface, possibly a wooden table or a piece of fabric. The background is a plain, light color, providing a soft contrast to the dark wood of the cross and book.

Even so faith, if it hath not
works, is dead, being alone.

James 2:17

*But they who wait
for the LORD shall
renew their strength;
they shall soar
with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.*



**DRINK
MORE
WATER**



Water

A close-up photograph of a person's hand held palm-up, with water dripping from it into a dark, rippling stream. The background is a blurred natural setting with water and foliage.

*But whosoever
drinketh of the
water that I shall
give him shall never
thirst; but the water
that I shall give him
shall be in him a well
of water springing up
into everlasting life.*

JOHN 4:14




*He that believeth on me, as the
scripture hath said, out of his
belly shall flow rivers of living
waters*

John 7:38



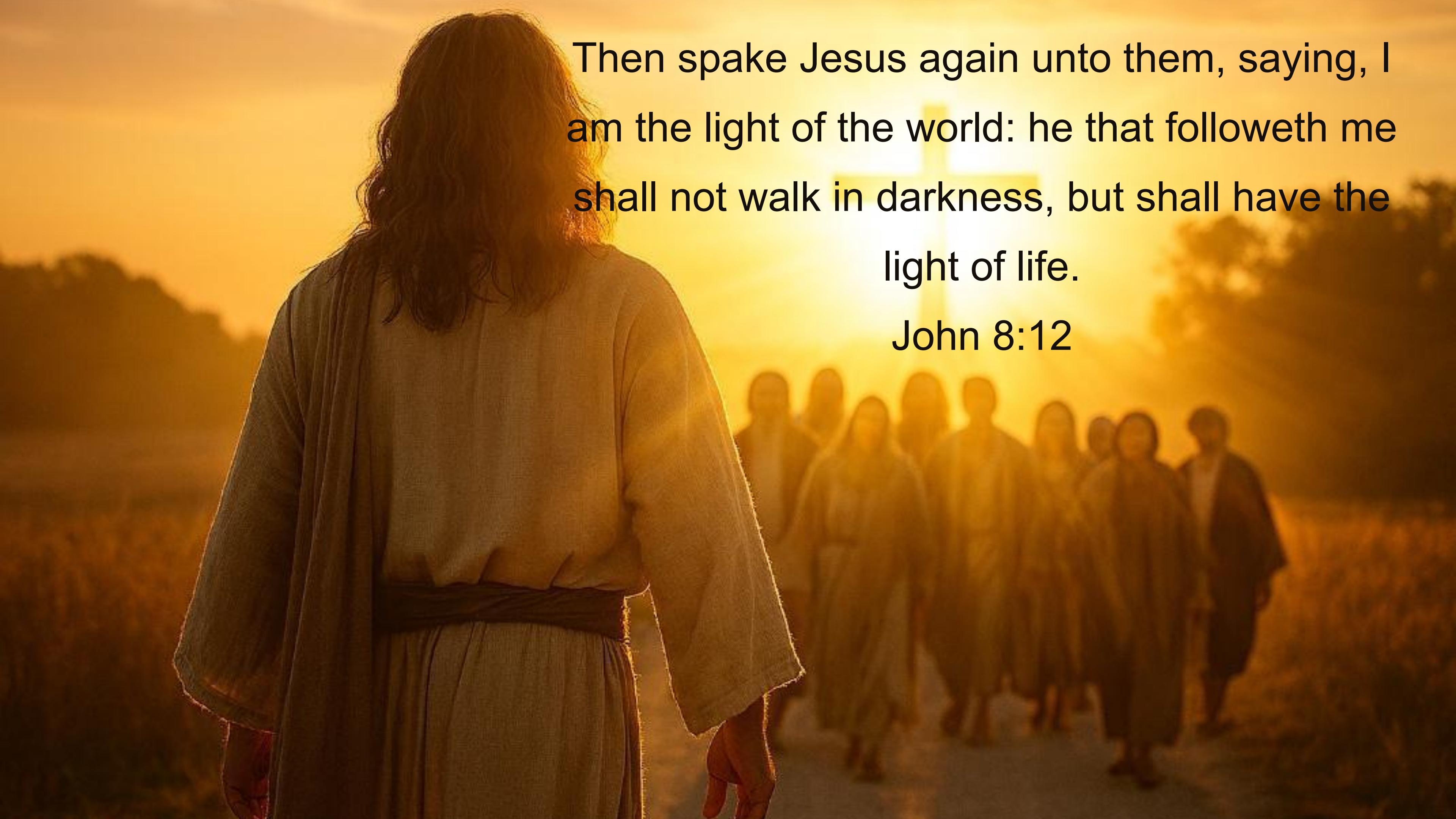
SUNNLIG

HT

A woman with long dark hair is sitting on a black metal park bench. She is wearing a white long-sleeved top, a tan cardigan, light-colored pants, and brown boots. She is looking up and to the right, towards the sun. The background shows a paved path, green grass, and trees. A large, bright sun flare is visible in the upper right quadrant of the image.

But unto you that fear my name shall the Sun
of Righteousness arise with healing in his
wings; and ye shall go forth and grow up as
calves of the stall

Malachi 4:2



Then spake Jesus again unto them, saying, I
am the light of the world: he that followeth me
shall not walk in darkness, but shall have the
light of life.

John 8:12

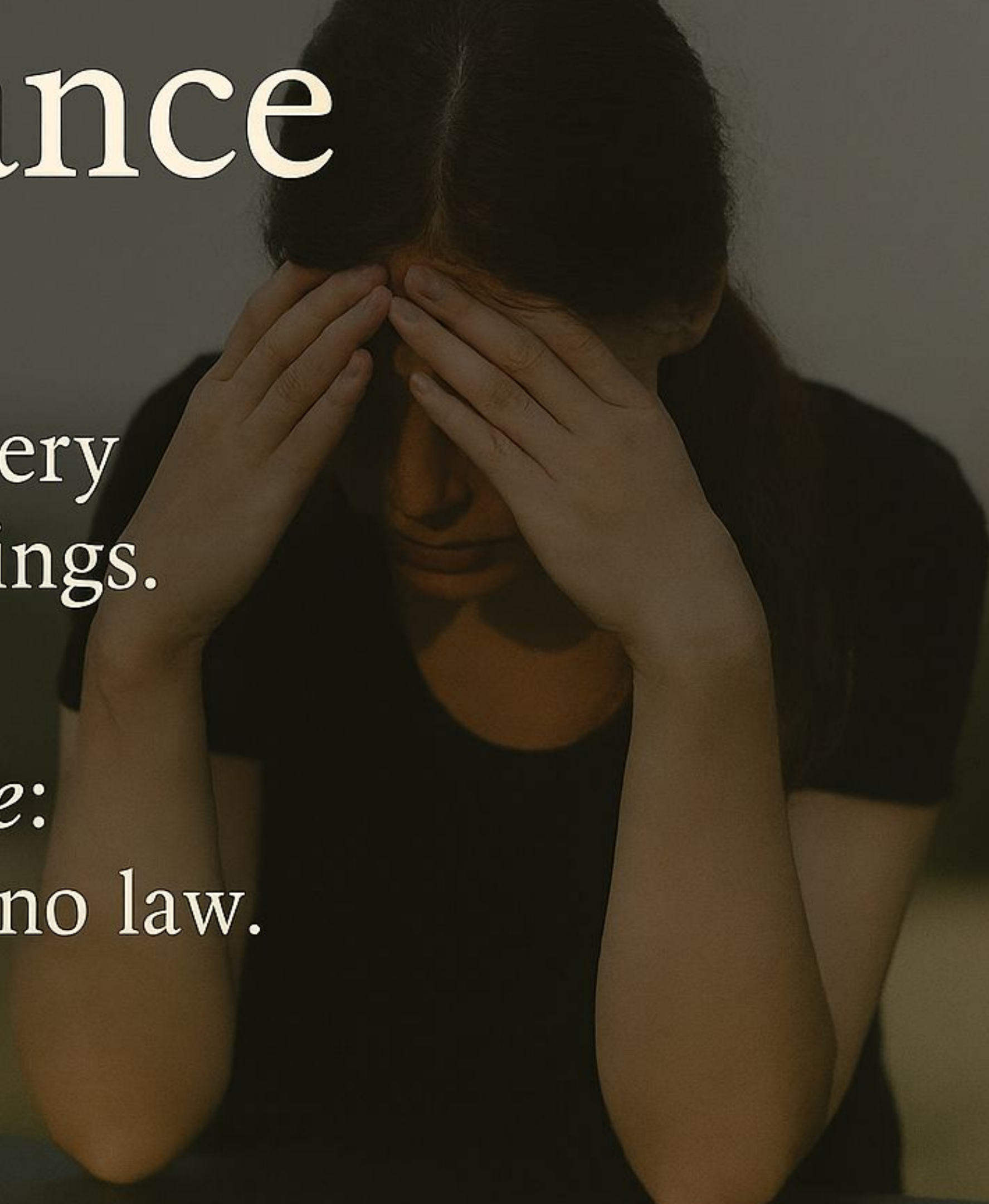
Temperance

And every man that
striveth for the mastery
is *temperate* in all things.

1 CORINTHIANS 9:25

Meekness, temperance:
against such there is no law.

GALATIANS 5:23



Air

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. -Genesis 2:7

And when he had said this, he breathed on them, and saith unto them, Receive ye the Holy Ghost: -John 20:22



Rest

Come unto me, all ye that labour and are heavy laden, and *I will give you rest.*

MATTHEW 11:28

There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. HEBREWS 4:9-10



Trust in God



Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

PROVERBS 3:5-6

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength.

ISAIAH 26:3-4

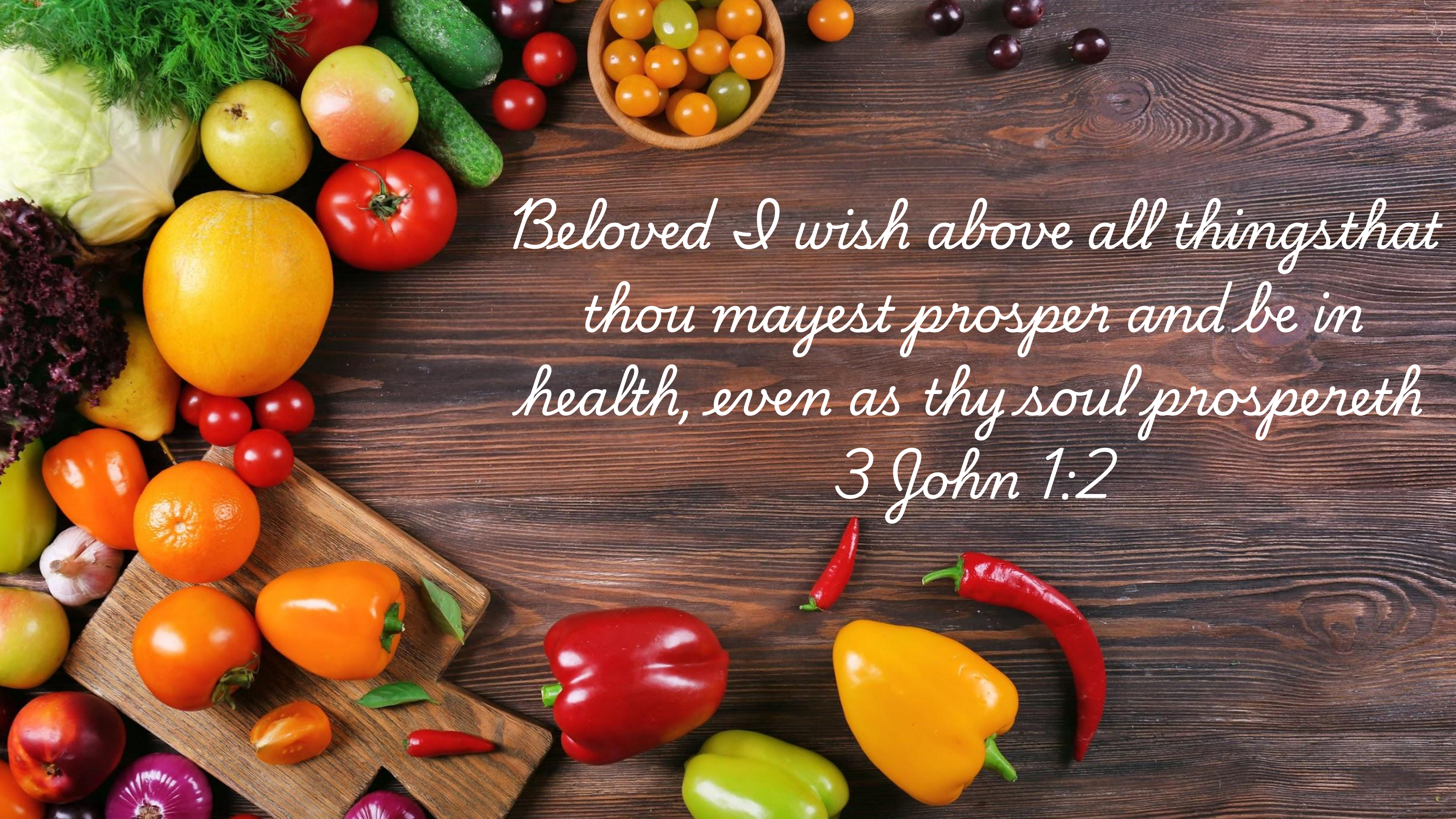


Daily Communion with God:

Prayer

Bible Study

Meditation

A top-down view of a dark wooden surface covered with a variety of fresh fruits and vegetables. On the left side, there is a large orange, several red and yellow apples, a bunch of green cucumbers, and some leafy greens. In the center, a small wooden bowl contains several small, round, yellow and green fruits. To the right, there are several red and yellow bell peppers, a green bell pepper, and a few red chili peppers. The background is a dark, textured wooden surface with visible grain patterns.

*Beloved I wish above all things that
thou mayest prosper and be in
health, even as thy soul prospereth
3 John 1:2*