



1 Corinthians 9: 24–27 Self control

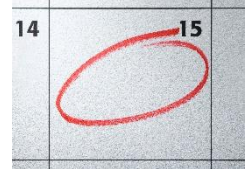


Running the Race, by Harbour Church

<https://youtu.be/WY-KmapUyts?si=iplktP0hteikvXGE>

To stay healthy, it's important to work on your body, your mind and your spirit. Set yourself three tasks a day: one for mind, one for body and one for spirit. One minute for each one – so three minutes in total!

Mind: Do a bit of a jigsaw puzzle each day, do a paper puzzle such as a wordsearch or Sudoku, or use a brain train app.



Body: Use tins in the kitchen to do arm curls, do an exercise like star jumps for one minute, see how many times you can run around a room in the house in one minute.

Spirit: Spend a minute reading the Bible, talk to God for one minute, or draw or write something for God.



A prayer for when you want to do your personal best:
Jesus, help me to be the best I can be, and to live the best life I can, for you. Amen.

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Bible Reading

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²⁴⁻²⁵ You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally.

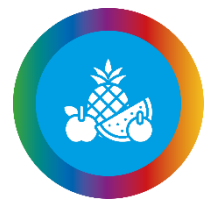
²⁶⁻²⁷ I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No lazy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.

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Where in life do you want to achieve your personal best?

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