



MASTERING MY BODY

PEOPLE DO NOT LIVE BY BREAD ALONE, BUT
BY EVERY WORD THAT COMES FROM THE
MOUTH OF GOD.

MATTHEW 4:4

FOR THE HEAVY DRINKER AND THE
GLUTTON WILL COME TO POVERTY, AND THE
DROWSINESS [OF OVERINDULGENCE] WILL
CLOTHE ONE WITH RAGS.

PROVERBS 23:21

PHYSICAL TRAINING IS OF SOME VALUE, BUT
GODLINESS (SPIRITUAL TRAINING) IS OF
VALUE IN EVERYTHING AND IN EVERY WAY

1 TIMOTHY 4:8