

Fitness Goals

The first Scripture passage listed for each day is suggested for Scripture writing.
The second passage is suggested for additional reading.

Day 1

- o 2 Corinthians 12:9-10 When I Am Weak, Then I Am Strong
- o Hebrews 10:19-25 Draw Near to God

Day 2

- o Romans 8:18 Future Glory Outshines Our Present Suffering
- o Luke 14:25-33 Count the Cost of Being a Disciple

Day 3

- o 1 Chronicles 16:11 Seek the Lord's Strength
- o Isaiah 40:25-31 The Lord Gives Us Strength and Power

Day 4

- o 1 Timothy 4:15 Be Diligent
- o Philippians 1:27-30 Stand Firm in the Spirit

Day 5

- o Philippians 4:13 We Can Do This with Christ's Strength
- o Psalm 18:30-36 God Arms Us with Strength

Day 6

- o Hebrews 10:36 Persevere in Faith
- o Ephesians 6:10-18 Be Strong in the Lord

Day 7

- o Philippians 1:6 God Will Keep Working in Us
- o Hebrews 12:1-13 Run with Perseverance

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