



LET'S START **EXERCISING** IN 2026

1 Timothy 4:8

1. _____ security

2. _____ solution

A. _____

B. _____

C. _____

3. _____ strengths

A. God's _____ to guide you



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BIBLE READING PLAN**

B. God's _____ to empower you

C. God's _____ to support you

4. _____ your story

5. _____ with significance



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TO VOLUNTEER**