

FIT

Do you need a workout?

Resource 1: Energy Booster Bible Verses**1. Genesis 1: 27 & 31**

"So God created human beings in his own image. In the image of God he created them; male and female he created them... Then God looked over all he had made, and he saw it was very good!"

2. Psalm 139: 13-16

*"You made all the delicate, inner parts of my body,
and knit me together in my Mother's womb.
Thank you for making me so wonderfully complex!
Your workmanship is marvellous how well I know it.
You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.
You saw me before I was born.
Every day of my life was recorded in your book.
Every moment was laid out,
before a single day had passed."*

3. Zephaniah 3: 17

"For the Lord your God is living among you. He is a mighty saviour. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs."

4. Matthew 6: 33

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

