



WALK



FAST



TAKE IT BACK



GET GRITTY

1

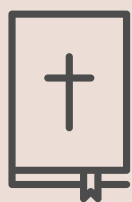
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2

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3

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"MAY GOD HIMSELF, THE GOD OF PEACE, SANCTIFY YOU THROUGH AND THROUGH. MAY YOUR WHOLE SPIRIT, SOUL AND BODY BE KEPT BLAMELESS AT THE COMING OF OUR LORD JESUS CHRIST" 1 THESSALONIANS 5:23



SELF-CONTROL, REFRESHMENT,  
NOURISHED SOUL, RENEWED WALK WITH  
GOD, GODLY HUNGER

\_\_\_\_\_ (ADD YOUR OWN)