



TRAIN

REST — RENEW — REACH



1 Timothy 4:8–10 CSB

"For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. This saying is trustworthy and deserves full acceptance. For this reason we labor and strive, because we have put our hope in the living God, who is the Savior of all people, especially of those who believe."



Walking the Road

- REST



Genesis 2:2–3 CSB

"On the seventh day God had completed his work that he had done, and he rested on the seventh day from all his work that he had done. God blessed the seventh day and declared it holy, for on it he rested from all his work of creation."



Isaiah 30:15 CSB

"For the Lord God, the Holy One of Israel, has said: "You will be delivered by returning and resting; your strength will lie in quiet confidence. But you are not willing."



Matthew 11:28–30 CSB

"Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."



Philippians 4:7 CSB

"And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."



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Romans 12:1–2 CSB

"Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."



Matthew 16:24–25 CSB

"Then Jesus said to his disciples, "If anyone wants to follow after me, let him deny himself, take up his cross, and follow me. For whoever wants to save his life will lose it, but whoever loses his life because of me will find it."



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Luke 19:10 CSB

"For the Son of Man has come to seek and to save the lost."



Matthew 28:19–20 CSB

"Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age."



Ephesians 3:14–19 CSB

"For this reason I kneel before the Father from whom every family in heaven and on earth is named. I pray that he may grant you, according to the riches of his glory, to be strengthened with power in your inner being through his Spirit, and that Christ may dwell in your hearts through faith.



Ephesians 3:14–19 CSB

I pray that you, being rooted and firmly established in love, may be able to comprehend with all the saints what is the length and width, height and depth of God's love, and to know Christ's love that surpasses knowledge, so that you may be filled with all the fullness of God."



Matthew 25:35–36 CSB

'For I was hungry and you gave me something to eat; I was thirsty and you gave me something to drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you took care of me; I was in prison and you visited me.'



Matthew 25:40 CSB

And the King will answer them, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'



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