

How to be a Body Builder!

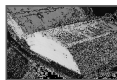


1 Thessalonians 5:12-28 [p988]



1. **Maintain a good diet**
2. **Promote good team building**
3. **See the programme through**

Maintain a good diet



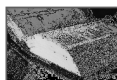
Acts 20:28-31 (p930)
James 3:1 (p1012)
Hebrews 13:17-18 (p1010)
1 Peter 5:2-3 (p1016)

Promote good team building



Ephesians 4:12 (p977)
Romans 14:13-19 (p949)
2 Peter 3:9 (p1019)
Romans 12:20-21 (p948)

See the programme through



Philippians 4:4 (p982)
Philippians 4:6-7 (p982)
Psalm 51:10 (p474)
Romans 6:22 (p943)