



Fitness Monday



The PRAYFIT Prayer

Lord, Please Bless my workout

As I train my arms,
Let it remind me that I'm held tightly in Yours.

As I work my legs,
Let it be only to follow you more closely.

And finally lord,
Allow my beating heart to grow stronger,
Knowing that's exactly where You live.

Yes Lord,
Please bless my workout.

Amen



Choose who would win by going to that side of room and then perform the activity!

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Choose now!



A central image featuring Supergirl on the left and Wonder Woman on the right, both in their respective superhero costumes. A large, stylized 'VS' graphic is overlaid in the center of the image. The background is a bright, hazy sky.







