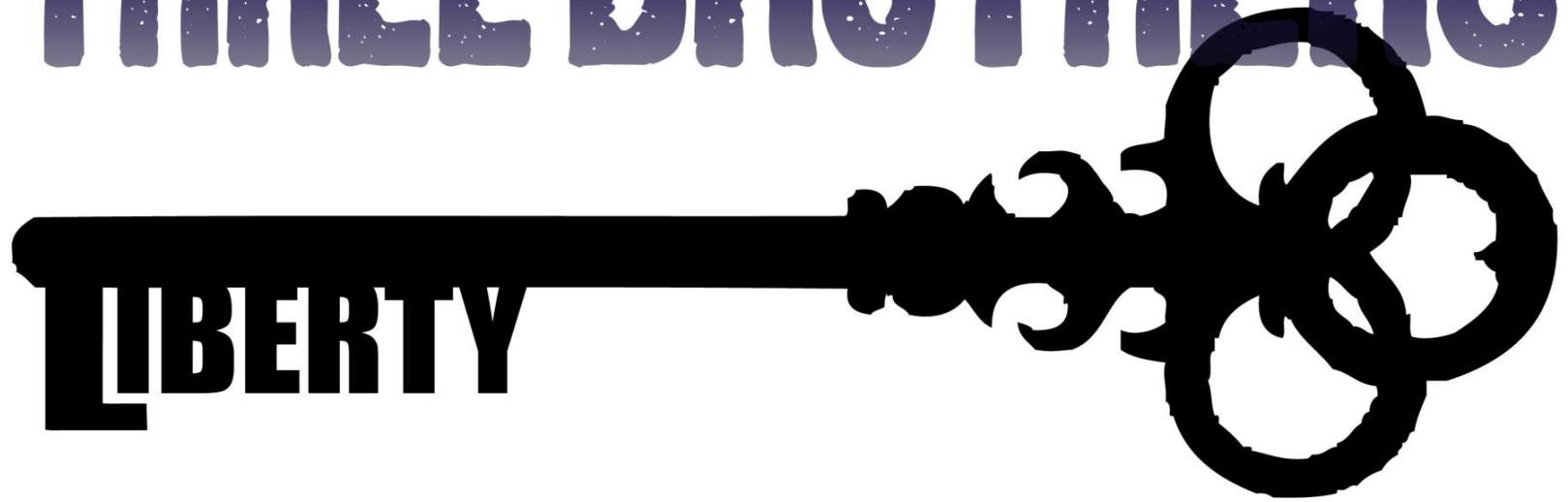


THREE BROTHERS



JESUS JAMES JUDE

The



Resisted

**DON'T
FORGET TO**



But, dear friends, remember what the apostles of our Lord Jesus Christ foretold. They said to you, “In the last times there will be scoffers who will follow their own ungodly desires.” These are the men who divide you, who follow mere natural instincts and do not have the Spirit.

(Jude 1:17-19)

“Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves.”

(Matthew 7:15)

“I know that after I leave, savage wolves will come in among you and will not spare the flock. Even from your own number men will arise and distort the truth in order to draw away the disciples after them. So be on your guard! Remember that for three years I never stopped warning each of you night and day with tears.”

(Acts 20:29-31)

**You, my brothers, were called to
be free. But do not use your
freedom to indulge the sinful
nature; rather, serve one another
in love.**

(Galatians 5:13)

The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.

(I Timothy 4:1)

**Dear children, this is the last
hour; and as you have heard that
the antichrist is coming, even
now many antichrists
have come.**

(1 John 2:18)



You have been repeatedly warned in advance about the secret infiltration of false teachers into the church.

So, be on guard!



You must become sufficiently familiar with God's Word to be able to spot a counterfeit.
So, get to know the Book!

To keep spiritually fit,
walk daily with God.

But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit. Keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

(Jude 1:20-21)

Balance Training and Stretching

*Cardio
Fitness*



*Core
Exercises*

Strength or Weight Training

Core Exercises



TICMS



A man with curly hair, wearing a red t-shirt, sunglasses, and grey shorts, is performing a balance exercise. He is standing on a white surfboard that is balanced on top of a brown basketball. The basketball is on a green lawn. The man is leaning forward with his right hand on the surfboard and his left arm raised. The background consists of dark green trees.

Balance Training



Cardio Fitness

WAIT TRAINING

THE ULTIMATE IN STRENGTH CONDITIONING

EST. 1984



**THEY THAT WAIT UPON THE LORD
SHALL RENEW THEIR
STRENGTH**

Operation Rescue

**Be merciful to those who doubt;
snatch others from the fire and save
them; to others show mercy, mixed
with fear – hating even the clothing
stained by corrupted flesh.**

(Jude 1:22-23)

LOOK

UP



To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy – to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.

(Jude 1:24-25)



**Operation
Rescue**



**“He who marries
the spirit of the
age soon becomes
a widower.”**

(Dean Inge)

**“To be always
relevant, you have
to say things
which are eternal.”**

(Simone Weil)