



**Training
the body**



**has some
value.**



But being godly



**has value
in every way.**



**It promises help
for the life you
are now living**



**and the life
to come.**



1 Timothy 4:8

What to Do:

Print on cardstock, one for each Small Group.

"Memory Verse Motions" NIRV Activity Page

January 2026, Week 1, Small Group 2-3

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