

# Sharpen the Saw

Physical:

Mental:

Social/Emotional:

Spiritual:

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 28:11



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Physical:

Mental:

Social/Emotional:

Spiritual:

Our bodies are our gardens to which our wills are gardeners.

William

Shakespeare



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Physical:

Mental:

Social/Emotional:

Spiritual:

Do you not know that you are God's temple and that God's Spirit dwells in you?

1 Corinthians

3:16



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Physical:

Mental:

Social/Emotional:

Spiritual:

A bear, however hard he tries, grows tubby without exercise.

A.A. Milne

