



I LEARNED TODAY

I LEARNED TODAY: God helps me to resist temptation.

I learned the second part of the Verse to GO: “Better to be patient than powerful; better to have self-control than to conquer a city.” **Proverbs 16:32** (NLT)

Object to GO! Ask me what Gears wasn’t doing because he didn’t use self-control. *Exercising, working out.*