



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: Exodus 26:30**

30 Set up this Tabernacle according to the pattern you were shown on the mountain.

#### **Devotional:**

In the book of Exodus, we see how Moses and the Israelites make their trek into the desert from Egypt. After leaving the Pharaoh and wandering the desert, God calls Moses to Mount Sinai with very specific instructions on behavior, rituals and construction of certain items. Exodus 26, specifically, goes over the plans in intricate detail for the construction of the Tabernacle. According to the Hebrew Bible, the Tabernacle means “dwelling place” or “tent”. This was where the Ark of the Covenant resided; precisely, inside a portion of the tent called the “Holy of Holies”. In this room, inside the tabernacle, is where God would be present with the people of Israel. God gave us very specific instructions on how to construct His place of dwelling. Furthermore, He gave us instructions on how to care for and how to move the tabernacle. Later in the Bible, Paul refers to the human body as the Temple in which God resides. He works in us, through us and around us. With this in mind, our bodies are the tabernacle. If God gave us such detailed instructions on how to build, care for and move His residence so many years ago, shouldn't we, today, be even more in tune with how we build, care for and move our own bodies?

#### **Prayer:**

God, please provide me with the strength, endurance and motivation to begin this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 1**



# WORKOUT

**\*\*The exercises here are inspired by the physical labor of the artisans who built, tore down, and moved the Tabernacle. \*\***

## **Warm-Up:**

100 Meter Run  
30 seconds of High Knees  
5 rounds of CrissCross/Karaoke  
30 seconds of Jumping Jacks  
100 Meter Run

## **Work Out: AMRAP 20 Minutes**

20/10 Push ups  
20 Air Squats  
8 Heavy DB Snatches (alternating arms)  
16 Military Press

## **Cool down:**

Stretching and breathing exercises

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.

**DAY 1**



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: Numbers 1: 50–51**

**50** “Put the Levites in charge of the Tabernacle of the Covenant, along with all its furnishings and equipment. They must carry the Tabernacle and all its furnishings as you travel, and they must take care of it and camp around it. **51** Whenever it is time for the Tabernacle to move, the Levites will take it down. And when it is time to stop, they will set it up again...”

#### **Devotional:**

The Israelites were broken up into tribes in the book of Numbers, and each tribe had a specific function and location in correlation to the Tabernacle. This setup would move as a unit across the land and the movements of the tribes can be seen as militaristic in nature. One group in particular, the Levites, was tasked with keeping watch over the Tabernacle and serving as Priests. They were set apart to be messengers between the people and God. God’s Holiness and presence was so powerful in the Tabernacle that only a select few of the Levites could enter in safely. The Levites also had an extraordinary and demanding task: To set up the Tabernacle when stopped, to break it down and carry it while on the move, and to maintain the materials of the Tabernacle.

There are several considerations involved with setting up a tent, let alone an entire camp. First, you’d want to have a solid foundation. Matthew 7:24–27 speaks directly to where we build our foundations; rock or sand. The wise will build on the rock whereas the foolish build in the sand. Rains come down, floods come in and the winds blowing will tear away the foundation. But when built on rock, there is a sturdy support system for your dwelling. Next, you’d want to know the surrounding area. Is there a clear line of sight all the way around the Tabernacle? You’d want this for several reasons. First, the Tabernacle is God’s tent, a physical dwelling of God and it must be seen by the Israelites...

**DAY 2**



# DEVO CONTINUED

Second, a clear line of sight is good to prepare for oncoming threats in advance. The last consideration for a clearing surrounding the Tabernacle is crucial because thousands of people will gather around to hear from God, hear and speak to the Priests, and pray and worship.

Structures in today's society require a lot of maintenance and we have many types of advanced care products for our structures to help streamline this process. However, thousands of years ago there was only hard, physical, laborious work with precision and repetition, which was absolutely necessary for the maintenance of the Tabernacle. The task for the Levites would have been hard in just the maintenance of the wood, the cloth, and the precious metals; never mind carrying it. This was not a task for the weak. God called them because He knew that the Levites were a capable and hardworking group. He has given us agency over our bodies as His Tabernacle because He sees US as capable and hardworking.

Just like the Levites, God has a call on our lives as well. Part of that call is to care for and move His Tabernacle, our bodies, because in us, through us and around us His Word can be spread. It is hard work to maintain our bodies appropriately. But with a rock-solid foundation, that hard work gets easier over time, is worth every effort, and ultimately brings God glory.

## **Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built, tore down, and moved the Tabernacle. \*\*

## Buy In:

100 Meter Run  
30 seconds of High Knees  
20 Push ups  
30 seconds of Jumping Jacks  
100 Meter Run

## WOD:

2 Rounds for time:  
100 Meter Farmer Carry  
50 KB Swings  
Scale: 100 Air Squat  
100 Meter Farmer Carry  
50 Curls  
100 Meter Farmer Carry  
50 Sumo Deadlift High-Pulls  
100 Meter Farmer Carry

## Cash Out:

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.

**DAY 2**



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Scripture: Numbers 33:50-52

50 While they were camped near the Jordan River on the plains of Moab opposite Jericho, the Lord said to Moses, 51”Give the following instructions to the people of Israel: When you cross the Jordan River into the land of Canaan, 52you must drive out all the people living there. You must destroy all their carved and molten images and demolish all their pagan shrines.”

#### Devotion:

This may seem like an odd verse to use for a fitness devotional, but there is always a reason for God’s Word; there is always meaning behind God’s Word. For this day of our fitness devotion, we hone in on the fact that the Israelites were camped out near the Jordan River on the plains. Prior to this the Israelites were moving across the land and are now getting ready to move into the Promised Land. The task ahead will be daunting. But for now... they camped. Think about a time when you camped with your family, or friends, or for work (speaking specifically to my Military brethren). Your camp was a safe space. It was the location that you had picked out to be at peace for a brief moment in time. The Israelites also had God within their midst and resided at the Tabernacle. While the tribes camped you can bet that they spent time in rest. They spent time in prayer and worship to God. They spent time with their families. So, today, instead of putting our bodies through more strenuous activities, let us spend this time in prayer and worship. Let us just camp with God.

#### Workout:

Instead of doing workouts and breaking down the muscle fibers, use this day to stretch and hydrate. Find a quiet place and reflect on God’s Word. Reflect on your goals for this fitness devotion. Reflect on the end game and how you want to progress.



# DEVO CONTINUED

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: Numbers 33:53**

53 “Take possession of the land and settle in it, because I have given it to you to occupy.”

#### **Devotion:**

By this point in the Bible the Israelites have packed up and moved their settlement 41 times and the Tabernacle was included in 30 of those moves. The Israelites didn't erect the Tabernacle until they settled in the wilderness at the base of Mount Sinai. In this passage, Moses and the Israelites are camped out across the Jordan River from what is known as the Promised Land. God specifically gives Moses an order: Take possession of this land and settle in it. The Israelites have stopped at the Jordan so that they can regroup, and realign themselves with God.

There is always a purpose, whether known or not known, to God's messages to us. God has set aside this land for the Israelites for them to occupy it. It is not a desolate place of broken hopes and dreams. Rather this is God's land for His people. It holds solid foundations for building the future. The land is vast enough to see incoming threats far in advance. Vast enough to gather in prayer and worship around the Tabernacle. Access to water and fertile grounds make this prime for starting new from all the wandering and strife.

Right now, you may be wondering how this scripture has any correlation to the Tabernacle and fitness. Just as the Israelites wandered the wilderness for many years, you may find yourself wandering. Wandering in your faith? Wandering in your fitness routines? Wandering in life in general? This is the time where we have to fully trust and follow where God is leading us. And just as God had set aside the land of Canaan for them to settle in, He has given you this body to take possession of. We can start there. We are all called to be disciples, but we may never have that chance to disciple if we do not take care of our physical bodies; our Tabernacles. So, let's find some time to realign ourselves with God and take possession of this body.

**DAY 4**



# DEVO CONTINUED

## Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built, tore down, and moved the Tabernacle. \*\*

## **Buy In:**

3 Rounds:

100 Meter walk/jog/run

10 Push Ups

## **WOD: “Moving the Tabernacle”**

3 Rounds for time:

30 Lunges

30 Deadlifts

30 Curls

30 Kettlebell Swings

30 Push-Ups

30 Shoulder Presses

30 Squats

30 Bent-Over Rows

## **Cash Out:**

Stretching and breathing exercises

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say “maybe tomorrow”. I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



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### DEVO

**Scripture: Joshua 18:1**

“1Now that the land was under Israelite control, the entire community of Israel gathered at Shiloh and set up the Tabernacle.”

#### **Devotion:**

In the last devotion we saw that the Israelites were camped across the Jordan river waiting to take the Promised Land and drive out the Canaanites. From the Exodus to this point, Moses was the leader of the Israelites. But due to the sins of the Israelites, Moses was not allowed to step foot into the Promised Land. Moses was directed by God to name his successor; Joshua. Now, with Joshua in command, God parted the waters of the Jordan River and the Israelites moved into the Promised Land (Canaan).

It wasn't just that easy though. The land was already inhabited by other nations with their kings, and their armies, and they were not planning on moving. Joshua and the Israelite army would go to war and, over a long period of time, viciously battle 31 kings and their armies. The Israelites, once a bunch of slaves for the Egyptians, now became a well-groomed fighting force to be reckoned with. Years of torture, strenuous work, and the searing heat have prepared and honed the skills of the Israelites for their warfighting efforts. They used these honed skills and their toughness to conquer many nations. Once all the enemies of the Israelites were conquered and the land was free from war, Joshua called the Levites to set up the Tabernacle at Shiloh. According to theologians, Shiloh was the religious and military capital of Israel during the times of the Judges, and the tabernacle resided here for almost 370 years...

**DAY 5**



# DEVO CONTINUED

We all will encounter a battle that we must face in our lives. Some more than others, and some bigger than others. When we are in tune with God, and in constant prayer, our battles will be conquered just like those in the times of Joshua. It may not be easy either, in fact it most likely will not be. Good news for us, though, God will use our abilities and strengths to combat the enemies in our lives (both physical and spiritual). Let's take the skills, the toughness and our courage we have now and sculpt them into a spiritual warrior; let's drive out the enemies in our lives and may we find peace in our Temples and with God.

## **Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built, tore down, and moved the Tabernacle.  
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## Buy In:

50 Double Unders (100 Singles/100 Jumping Jacks)

WOD: AMRAP in 31 Minutes

100 Meter Sprint

12 4 Count Steam Engines

12 Kettle bell Swings

12 Thrusters

## Cash Out:

50 Double Unders (100 Singles)

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.

**DAY 5**



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Scripture: 1 Kings 5:4-5

“4But now the Lord my God has given me peace on every side; I have no enemies, and all is well. 5So I am planning to build a Temple to honor the name of the Lord my God, just as he had instructed my father, David. For the Lord told him, ‘Your son, whom I will place on your throne, will build the Temple to honor my name.’”

#### Devotion:

1st Kings chapter 5 is detailing a correspondence between King Hiram of Tyre and King Solomon. Jumping back for just a moment, Hiram and David were good friends and now the bond continues between Hiram and Solomon. David was not allowed to erect the Temple because of all the unrest within the nation. God even spoke to David, stating that his son would rule a nation of peace and build the Temple to honor God’s name. After the turmoil in the area had subsided, King Solomon reaches out to King Hiram and asks for his timbers so that the Temple can be constructed. That being said, Solomon begins the planning process for the construction but needs the finest quality materials. It is well known in the area that the timbers from Tyre are the best around and that the loggers were the best at harvesting said timbers.

King Hiram dispatched his men to cut down cedar and cypress from the mountains of Lebanon, turn them into boats, row them to the landing site, and deconstruct them so that they could be carried to the final resting site in Jerusalem. Thus, bringing us into the shift from a temporary dwelling for the Lord, Tabernacle, and into a more solid building that is known as the Temple (which will later be named the First Temple). Chapter 6 verse 1 mentions that the erecting of the Temple happened 480 years after the Exodus from Egypt. This is 440 years after the crossing of the Jordan River and seizing control over the Promised Land. Verse 5 specifically states that King Solomon started the planning of the Temple to honor God. The shedding of the tent-like structure will now become a solid foundation for worshipping and honoring God.



# DEVO CONTINUED

Just like the Temple of Solomon we have our own Temples... our bodies. Through the years the Temple had seen many trials and tribulations but was ultimately destroyed. It served its purpose as a solid structure for bringing glory to God. Similarly, our bodies are the Temple for worshipping God. Eventually these bodies will be broken down, destroyed and no longer able to honor God. In the time that we have now we can build on our foundation in Jesus and our physical being so that we can continue to bring honor to God and spread His Word.

## **Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Buy In:

400 Meter Shuffle (Sprint/Run//Run/Jog) Run

WOD: 3 Rounds of:

100-yard Farmer carries

10 4 Count Steam Engines

15 Dumbbell Snatch

10 Bent-over Row

15 Thrusters

## Cash Out:

4 rounds of running the stairs

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

#### Scripture: Genesis 2:2

On the seventh day God had finished his work of creation, so he rested from all his work.

#### Devotion:

It is recommended to have a rest day every 7 to 10 days, according to medical professionals. Even God had a rest day! In fact, a rest day is one of God's commandments; "remember the sabbath and keep it holy." We live in a world that is ever changing and we find ourselves in a constant state of struggle trying to keep up. A rest day isn't something you should do, but rather something you must do. Taking a day to rest has several health benefits.

Rest can help your muscles grow, and it can help boost your immune system, improve sleep, and reduce injury... just to name a few. It is no coincidence that God rested and commanded that we have a day of rest as well. God wants what is best for us. He demonstrated for us the practice for rest. If we are all called to be disciples, then we must take care of our bodies so that we can move into the world, make more disciples, and reach those who are lost. Use this day wisely. Spend time in rest. Spend time with God. Ask Him to provide peace, comfort, regeneration and rest.

**DAY 7**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **Workout:**

Instead of doing workouts and breaking down the muscle fibers, use this day to stretch and hydrate. Find a quiet place and reflect on God's Word. Reflect on your goals for this fitness devotion. Reflect on the end game and how you want to progress.

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



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## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: 1 Kings 6:2**

2The Temple that King Solomon built for the Lord was 90 feet long, 30 feet wide, and 45 feet high. 3The entry room at the front of the Temple was 30 feet wide, running across the entire width of the Temple. It projected outward 15 feet from the front of the Temple.

#### **Devotion:**

We can see by the numbers that the Temple was massive. The rest of chapter 6 goes further into the details of the completion and the full scale of this structure. Not only was it massive, but it was beautiful. Even God remarks at how impressive it is; 1 Kings 9. Solomon had grand visions for a Temple that would honor God; one that would make a statement of who God is and what He is deserving of, as well as a symbol to all nations that this is His residence and Holy Land. Just like the Tabernacle, the Temple was constructed with very intricate details. The passages from chapter 6 to 7 display the exact measurements that were used in the construction.

Read through those chapters to gain perspective of the magnitude and awesomeness of the Temple. What's interesting is the Temple was erected somewhere between 2800 to just shy of 3000 years ago without modern day technology and equipment. Many, many hours were spent using hard, laborious work in the construction of the Temple. For today's devotion let's focus on the intricacies of the Temple construction. With the mindset of our bodies being the Temple, we should, again, be mindful of the ways we build, care for and maintain our Temples (bodies). If you are putting in the effort but not seeing results just yet, keep pushing through. It's not about you and your image, it's about what you are doing for God's glory. Building and maintaining your Temple so that you can disciple others is what brings God glory. Keep that focus in mind.

**DAY 8**



# DEVO CONTINUED

Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 8**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Warm up:

400 Meter Jog/Run

## WOD:

5 rounds for time:

12 Deadlifts (155/105 lb)

(Scaled Dumbbell)

9 Hang Power Cleans (155/105 lb) (Scaled Dumbbell)

6 Push Jerks (155/105 lb) (Scaled Dumbbell)

## Cool down:

6 Rounds of running the stairs

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: 1 Kings 8:6/10-11**

6Then the priests carried the Ark of the Lord's Covenant into the inner sanctuary of the Temple – the Most Holy Place – and placed it beneath the wings of the cherubim... 10When the priests came out of the Holy Place, a thick cloud filled the Temple of the Lord. 11The priests could not continue their service because of the cloud, for the glorious presences of the Lord filled the Temple of the Lord.

#### **Devotion:**

Speaking in generalities, King Solomon built a lavish Temple for the Lord, but without the Ark of the Covenant, it was just a very large building. It wasn't until the Ark was brought to the Most Holy Place that God revealed His presence in the form of a cloud. On a side note: in previous books of the Bible, God revealed Himself via a cloud several times. (Remember the Israelite's trek in the wilderness.)

So back on track now, while reading this passage in the book of 1 Kings, we can draw a correlation between the Temple being an empty shell without the Ark and our bodies being an empty shell without the spirit of the Lord. Breaking it down, again, to the root thought that drives this devotional is that our bodies are the Temple and God works in us, through us and around us. Our bodies can be built into a massive, beautiful, well chiseled Temple, but without a connection to God it is just a vacant building. The Temple was built for a purpose, but that purpose gained momentum when God came down in the cloud. Our bodies, our Temples, have a purpose that can gain momentum when we align our hearts with God. Now, let's gain momentum in the form of sweat equity so that we may bring God glory.

**DAY 9**



# DEVO CONTINUED

## Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Buy In:

Barbell Farmer Carry

\*Load the barbell with as much weight as appropriate, carry as a team.\*

\*\*Up to 2 Barbells per team\*\*

## WOD: “Zachary Tellier”

### For Time:

10 Burpees

10 Burpees

25 Push-ups

10 Burpees

25 Push-ups

50 Lunges

10 Burpees

25 Push-ups

50 Lunges

100 Sit-ups

10 Burpees

25 Push-ups

50 Lunges

100 Sit-ups

150 Air Squats

## Cash Out:

Stretching and breathing exercises



**DAY 9**

# WORKOUT CONTINUED

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



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#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

#### Scripture: 1 Kings 8:56-57

56”Praise the Lord who has given rest to his people Israel, just as he promised. Not one word has failed of all the wonderful promises he gave through his servant Moses. 57May the Lord our God be with us as he was with our ancestors; may he never leave us or abandon us.

#### Devotion:

Once the Temple was finished, King Solomon dedicated the Temple to God. He stood at the altar in front of the entire community of Israel and prayed over the Temple and the people. Now that all the hard work had been done, it was time to rest. It is no coincidence that King Solomon specifically mentions, and thanks God, for His promise of rest. Going back to day 7 of this devotional, we can revisit the Commandment that God gave to us in regards to rest. We must remember the sabbath and keep it holy. A sabbath is defined as, “a day of religious observance and abstinence from work.” The word Holy means to set apart. For today’s devotion, let us set apart today to abstain from work and observe rest with God.. just as He commanded us to do.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **WOD:**

Use this day for rest. Spend time with God and ask Him for His healing touch. Perhaps you may want to think about doing some light stretching of the muscles and hydration. Reflect on your journey thus far and how you will want to move forward when this devotion is done.

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



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## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: 2 Kings 12:8**

8 So the priests agreed not to accept any more money from the people, and they also agreed to let others take responsibility for repairing the Temple.

#### **Devotion:**

During the latter years of his life, King Solomon broke his covenant with God and began to worship other gods. God became very angry with him, but due to the covenant made between God and King David, He allowed Solomon to reign until his death. Additionally, God did make a promise to ruin the Temple that Solomon had built if he did not follow God with integrity and godliness. Upon his death, the nation of Israel began to split apart in kingdoms and idols. Many years have passed since Solomon reigned as King over all of the Israelites and the nations were now in turmoil. The destruction of the Temple ensues. Kings and Pharaohs began to see the Temple and Solomon's palace as an empty shell again. Plundering and destruction of the Temple have begun, and all the valuables have been scattered throughout the land. The scripture for today comes from the reign of King Joash who makes an attempt to repair the Temple. The part that stands out from this scripture is "to let others take responsibility for repairing the Temple". Whatever your circumstances were before starting this devotion, there is a chance that you were in need of some repair; either spiritually, physically, or both. God is not shy about telling us that destruction will fall upon us if we do not adhere to His wishes. Let's not focus on the past, but rather on the present and future. Complacency is the enemy of our hearts and bodies. If we let complacency settle in, our bodies will feel "the destruction". Let's take responsibility for the repairs that are needed within our hearts and our bodies. With God's help we can accomplish anything, and our Temples will not be just a vacant shell.

**DAY 11**



# WORKOUT

## Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

**Buy In:** 600 Meter run

## WOD: 4 Rounds for Time

8 Man Makers

20 Deadlifts

24 One Arm Dumbbell Thrusters

## Cash Out:

600 Meter jog/run

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: 2 Kings 25:9-10**

9He burned down the Temple of the Lord, the royal palace, and all the houses of Jerusalem. He destroyed all the important buildings in the city. 10Then he supervised the entire Babylonian army as they tore down the walls of Jerusalem on every side.

#### **Devotion:**

In our last devotion we saw how King Solomon had separated himself from God, and how that ultimately led to the plundering of the Temple. In today's scripture we can see that even after many generations from Solomon's reign, nothing had really changed. The hearts and minds of the kings that ruled after Solomon were not aligned with God. This was not pleasing to God, and what He had said to Solomon regarding the Temple eventually came true. 1 Kings chapter 9 is God's response to the building of the Temple and Solomon's dedication of the Temple. Verse 7 quotes God in stating, "then I will uproot Israel from this land that I have given them. I will reject this Temple that I have made holy to honor my name. I will make Israel an object of mockery and ridicule among the nations." According to theologians, around 586 BCE, King Nebuchadnezzar laid siege to the city of Jerusalem and allowed the people to starve inside the city walls. Once the famine came to an end, the Babylonian army wrecked the city, burned the Temple and tore down the buildings and walls.

So, what can we take away from this scripture? We must guard our hearts. Put your faith in God and God alone. When we distance ourselves from Him, we become susceptible to destruction. This kind of destruction can actually be handed down from generation to generation. This kind of destruction can be mental, spiritual and physical. It can be seen all throughout history. To combat this destruction we must exercise our spiritual muscles, as well as our physical muscles. So, let's get started!

**DAY 12**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Buy In:

400 Meter run

## WOD:

50 Air Squats

10 Burpees

40 Situps

10 Burpees

30 Lunges (alternating legs)

10 Burpees

20 KB Swings

10 Burpees

10 Meter Bear Crawl

10 Burpees

20 KB Swings

10 Burpees

30 Lunges (alternating legs)

10 Burpees

40 Situps

10 Burpees

50 Air Squats

## Cool down:

200 Meter Walk

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. As we take these Temples and bring You glory and honor. Amen.



**DAY 12**

# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Scripture: Ezra 3:11

With praise and thanks, they sang this song to the Lord: “He is so good! His faithful love for Israel endures forever!” Then all the people gave a great shout, praising the Lord because the foundation of the Lord’s Temple had been laid.

#### Devotion:

After the destruction of the “First Temple” the Jews were exiled. Not too long after the exile, though, Cyrus the Great made a decree which allowed the Jews to come back to Jerusalem and begin rebuilding the Temple (which will later be named the Second Temple or Herod’s Temple). One thing that stands out in this passage is that God remains faithful to His people. We have seen in past scriptures and events in the Bible that the Israelites have continuously strayed away from God, and disobeyed His commandments. But, God keeps good on His promises. He protects His people. In this chapter in the book of Ezra, His chosen people are moving back into Jerusalem and rebuilding the Temple to Honor God. You may be saying that the accolades are all Cyrus the Great’s, but it was God’s divine plan that allowed this to happen. Relating this to us today, no matter how far we stray away from God and rebel against His wishes, He will gladly accept us back. No matter how far away we wander in our physical fitness, we can have peace in knowing that we all start somewhere. If we are willing to put forth the efforts to rebuild the Temple and rebuild the relationship with God, He will meet us where we are. We can trust that His love for His people will endure forever.

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 13**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **Buy In:**

AMRAP in 3 Minutes

Reverse Lunges

## **WOD:**

5 Rounds for time:

10 DB Thrusters

100 Meter Farmer Carry

## **Cash Out:**

Stretching and breathing exercises

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

#### Scripture: Ezra 4:4

Then the local residents tried to discourage and frighten the people of Judah to keep them from their work.

#### Devotion:

As soon as the Israelites had begun rebuilding the Temple for the Lord, they faced opposition. The enemies of Judah and Benjamin tried to deceive the Israelites into allowing them to assist with the construction of the Temple. Shortly after the construction had started, they had to take a pause while the leaders of the time discussed whether it was morally right or wrong for the construction of the Temple to be completed. During this time the Israelites were at a standstill. But more importantly, they used this time to thank God for bringing them back to the Promised Land and for the reconstruction of the Temple. For us today, let's use this time to thank God for where we are at, how far we've come and for the future He holds for us. Take this pause from the workouts and rest. Spend time with God, ultimately that is His desire.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **WOD:**

Use this day for rest. Spend time with God and ask Him for His healing touch. Perhaps you may want to think about doing some light stretching of the muscles and hydration. Reflect on your journey thus far and how you will want to move forward when this devotion is done.

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Scripture: Ezra 6:14

So the Jewish elders continued their work, and they were greatly encouraged by the preaching of the prophets Haggai and Zechariah son of Iddo. The Temple was finally finished, as had been commanded by the God of Israel and decreed by Cyrus, Darius, and Artaxerxes, the kings of Persia.

#### Devotion:

The last devotion spoke about a pause that had happened during the reconstruction of the Second Temple. Since that pause, the Jews were granted permission to continue building and the Temple was completed on March 12 of the sixth year of king Darius's reign. Theologians estimate that date to about 516 BCE. A year after the completion, a dedication ceremony was held for the Temple and many sacrifices were made; 100 young bulls, 200 rams, 400 lambs and 12 male goats for the 12 tribes of Israel. A key insight to take away from this passage is that patience yields great opportunities. Even through all of the struggles, backlash, and constant delays, the Jews placed their trust in God... then God delivered, time and time again! It took time to find the right place for the Temple to be built. It took time to find the right time to build the Temple. It took time to acquire the materials to build the Temple. It took time to complete the construction of the Temple, twice over. Our relationship with God and our physical bodies have a common ground. Neither require you to find the right place, nor the right time, the right materials, nor the time for completion. God meets you, and your Temple, right where you are. Let us dedicate these Temple with some good old physical exhaustion where reps and sets will be our sacrifices!

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 15**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Buy In:

6 rounds of running the stairs

## WOD:

12 Burpees

100 Push-ups

12 Burpees

200 Sit-ups

12 Burpees

400 Meter Sprint

12 Burpees

## Cash Out:

200 Meter walk

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow." I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### **Scripture: Ecclesiastes 5:1**

As you enter the house of God, keep your ears open and your mouth shut. It is evil to make mindless offerings to God.

#### **Devotional:**

King Solomon is credited with writing the book of Ecclesiastes, which is where we find today's guidelines for entering the Temple. Although it is actually very good advice for our behavior in the house of God, it is also very relevant in daily life. Later in the Bible, James speaks similarly: "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So, get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls." (James 1:19-21). How can we apply this to fitness? Come to the Lord and this devotion with open ears and a closed mouth. If you have anger or filth in your life that is holding you back, now is the time to release it to God. Let's make this offering to God and worship Him by building, maintaining and protecting our Temples. It may have the power to save your soul.

#### **Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 16**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## Buy In:

400 meter run with stair climbs

WOD: 2 rounds for time:

50 Bar facing Burpees

75 Jumping Jacks

100 Air Squats

## Cash Out:

200 Meter run

Stretching and breathing exercises

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow." I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

#### Scripture: Psalm 46:1

God is our refuge and strength, always ready to help in times of trouble.

#### Devotion:

When we start to feel weak and weary, the Bible teaches us ways to find rest in God. He is our true strength and He gives us rest. There comes a time that if we strive for one more rep, or a little bit more weight; or if we push too hard too fast we will end up in trouble. Trouble can come in the form of pain, tears, injuries, and disappointment. It is in times like this where Psalm 46 verse 10 really speaks to us, "Be still, and know that I am God." Today, let's find time to be still. Be still and know that God is our refuge, our strength, and our rest.

#### WOD:

Use this day for rest. Spend time with God and ask Him for His healing touch. Perhaps you may want to think about doing some light stretching of the muscles and hydration. Reflect on your journey thus far and how you will want to move forward when this devotion is done.

**DAY 17**



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: Matthew 24:1-2/13**

As Jesus was leaving the Temple grounds, his disciples pointed out to him the various Temple buildings. But he responded, “Do you see all these buildings? I tell you the truth, they will be completely demolished. Not one stone will be left on top of another!”

But the one who endures to the end will be saved.

#### **Devotion:**

This passage in Matthew is Jesus’ foretelling of the destruction of the Temple. Theologians suggest that the Second Temple stood for approximately 585 years before it was burned and demolished by the Roman Empire in 70 CE (Common or Christian Era). The Temple Mount fell in a horrific and devastating way which radically reshaped Judaism forever. Jesus goes on to tell of the ways the future will fall apart as well. One verse, however, hidden in chapter 24, gives us hope; “But the one who endures to the end will be saved.”

How do we relate these passages to fitness and faith? Yes, we will “destroy” our muscle fibers and joints by continually applying brutal exertion to them. Yes, we will ultimately have troubles in our lives which may involve horrific and devastating events. But the one who endures to the end will be saved! Now, let’s take these temples and endure some pain and demolition so that we may be saved!

#### **Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

**DAY 18**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **Buy In:**

400 Meter Sprint

## **WOD: AMRAP 24 Minutes:**

100 Meter Farmer Carries

25 DB Squats

10 Burpee

## **Cash Out:**

Stretching and breathing exercises

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

**Scripture: 1 Corinthians 3:16–17**

Don't you realize that all of you together are the temple of God and the Spirit of God lives in you? God will destroy anyone who destroys this temple. For God's temple is holy, and you are that temple.

**Devotion:**

The premise of this devotion is summed up in this passage. All of us were designed by God to spread His Word through our own unique giftings. Each one of us, and all of us together are the Temple. We have the option to let our Temples be destroyed by carelessness and inaction, or we can endure the painstakingly hard work that ultimately brings worship and glory to God. Verse 10 of chapter 3 states "Because of God's grace to me, I have laid the foundation like an expert builder. Now others are building on it..." You are a builder, and you are laying a foundation within yourself, for yourself and for others to build on. God will work in you, through you and around you. Now, let's be expert builders and continue to lay the holy foundation of our faith and fitness Temples.

**Prayer:**

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## **Buy In:**

400 Meter Sprint

## **WOD: 3 Rounds for time:**

16 Push ups

16 Sit ups

16 Squat Jumps

16 KB Swings

16 Push Press

16 Lunge (each leg)

16 Mountain Climbers

16 Jumping Jacks

16 Burpees

## **Cash Out:**

400 Meter Jog

Stretching and breathing exercises

## **Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Scripture: 1 Corinthians 6:20

For God bought you with a high price. So you must honor God with your body.

#### Devotion:

This passage comes from Paul's letter to a church in Corinth. It is actually in reference to avoiding sexual sin and has nothing to do with fitness or the Temple. However, for the sake of this devotion, the passage itself is fitting. The price that God paid was the death of Jesus. He sacrificed His body to redeem us from our sins. The second half of the passage states that we must honor God with our bodies. We have done that for the last 19 days, and for our last physical day we will honor God with one of the most challenging workouts. Let's get started.

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

**Buy In: 100 Jumping Jacks**

**WOD: "Chapman"**

1200 Meter Run

100 Push-ups

25 Broad Jumps

100 Sit-ups

1200 Meter Run

100 Push-ups

25 Broad Jumps

100 Sit-ups

1200 Meter Run

**Cash Out:**

Stretching and breathing exercises

**Closing Prayer:**

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum for the remaining days to come. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.

**DAY 20**



# THE IRON TEMPLE

## SCULPTING SPIRITUAL WARRIORS

### DEVO

#### Prayer:

God, please provide me with the strength, endurance and motivation to continue this faith and fitness journey. Move in me, through me and around me; and may my actions be of great honor to You Lord! Let me walk away with a better understanding of You and Your Word, as well as a newly built framework for my physical body and Spirit. Amen.

#### Scripture: Psalm 127

“Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night anxiously working for food to eat; for God gives rest to his loved ones.”

#### Devotion:

In this devotion we have followed the house of God from its early beginnings as a mobile tent in the wilderness, to a solid structure of great magnitude in Jerusalem, and finally as the flesh and bone of each and every one of us. We have seen how the house of God has been threatened, ransacked and destroyed. But we also see how the house of God has been restored, rebuilt and protected. As it is with the 127th Psalm, God has built these Temples and will protect us (our hearts) as long as we maintain our faith in Him. It is our due diligence to care for and maintain these Temples. As long as we continue to invest in our bodies and our faith, we will have the ability to go out and share with others from our experiences in following Jesus. Surely, as the Bible says many times over, by leaning into God, He will give us rest. Let's use this day to find peace and rest in God. And tomorrow, may our Temples be rebuilt and replenished in the Spirit for spreading God's Word.

**DAY 21**



# WORKOUT

\*\*The exercises here are inspired by the physical labor of the artisans who built the Temple. \*\*

## WOD:

Use this day for rest. Spend time with God and ask Him for His healing touch. Perhaps you may want to think about doing some light stretching of the muscles and hydration. Reflect on your journey thus far and how you will want to move forward now that this devotion is done.

## Closing Prayer:

God, thank You for being a pillar of strength when our bodies say we can't. Thank You for being a pillar of endurance when our muscles are burning. Thank You for being a pillar of motivation, even when we say "maybe tomorrow". I pray that Your healing touch will bless our bodies and help us gain momentum to carry on with our faith and fitness journey. God, move in us, through us and around us. May we take these Temples and bring You glory and honor. Amen.

