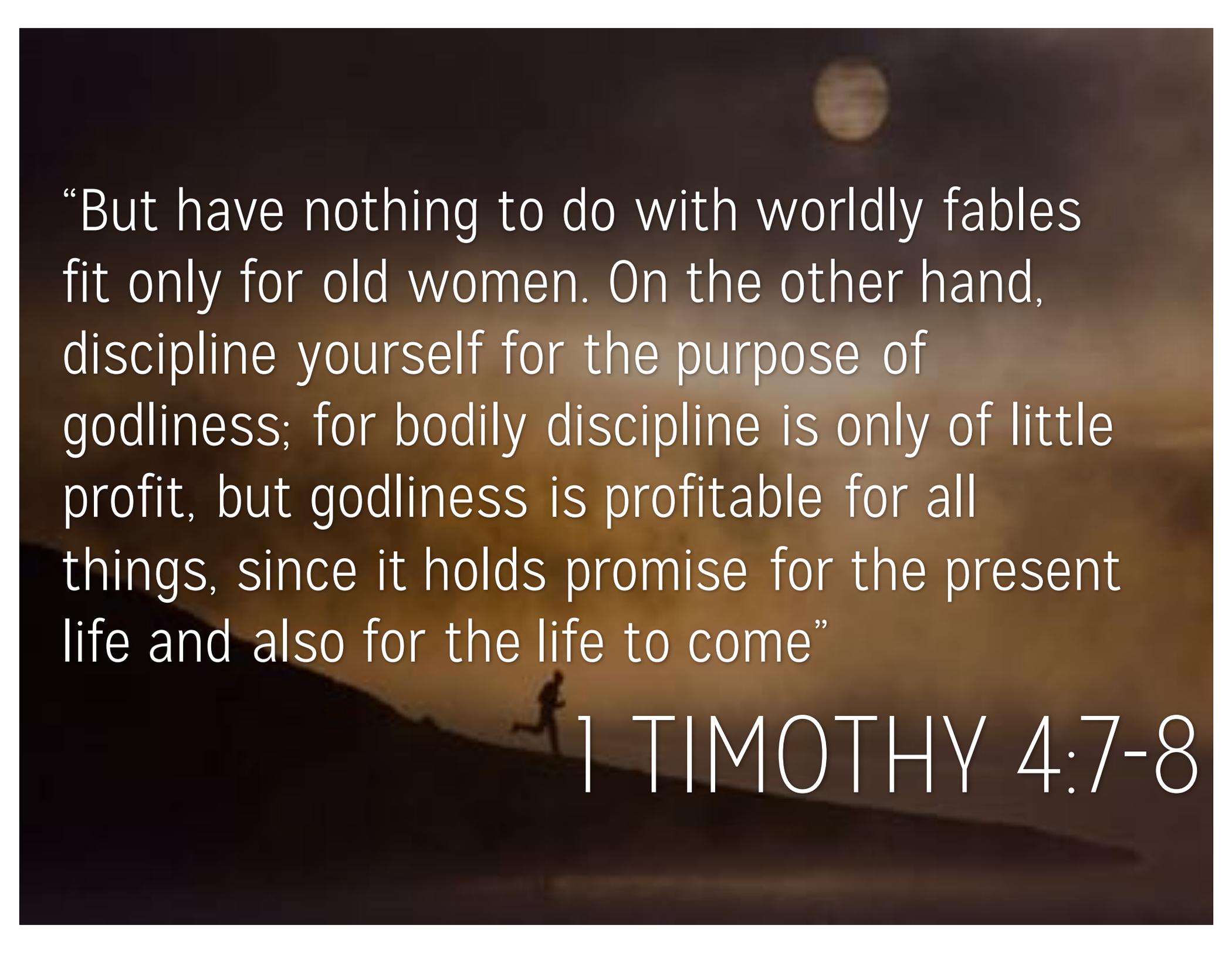


A person is running on a dark, silhouetted hill against a bright, hazy sky at sunrise or sunset. The sun is visible as a glowing orb in the upper right. The text "DISCIPLINE YOURSELF" is overlaid in white, sans-serif capital letters across the center of the image.

DISCIPLINE YOURSELF

A person is running on a hill at sunset. The sun is low on the horizon, creating a warm, golden glow. The person is silhouetted against the bright sky. The background is a soft, hazy landscape with rolling hills.

“But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come”

1 TIMOTHY 4:7-8