



Moving Forward Together (First Place 4 Health Bible Study Series)

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Moving Forward Together is an exciting study that gives readers new incentive to focus on the journey of following Christ and living according to His precepts. Based on Philippians 3:13-14, this study guides readers to understand how moving forward towards God's purpose for our lives requires a power beyond our human capabilities with committed, trusting friends at our sides. Learn how to be free from the past, handle the day to day pressures in the present and move forward to the future God has planned. All new and easy to use, the First Place 4 Health Bible studies contain 12 weekly studies to help participants prepare, day by day, for the weekly group meeting, as well as providing a handy method for tracking daily and weekly progress. Also included are inspirational and motivational Scripture memory verses on laminated cards, two weeks of Menu Plans with macro-micronutrients listed, a walking chart and a coordinating Scripture Memory Music CD for training the mind while training the body. Join the thousands of people nationwide who are experiencing balanced healthy living with First Place 4 Health.

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