

Exercise

What is it that drives you?

What is it that motivates you?

Is it a job? Is it a car?

Is it a trip to a vacation?

Is it a dream that you wish to come true?

Is what do you want? What's your reason why?

Or have you just given up and no longer try?

Are you looking for love?

Are you looking for fun?

OR do you want something
more from up above?

That's why I say:

Exercise your love for another,
exercise your joy in your life,
exercise your faith in your brother
exercise your faith in Jesus Christ.

When you exercise your love, you learn to love another.

Exercise your joy it grows and grows forever.

When you exercise your hope it makes you do what's right.

Exercise your faith, exercise your faith in Jesus Christ.

Your faith is a muscle
that needs to be strengthened every day.

Your faith is a tool that helps
You learn to pray.
Your faith is the answer for what you need today
exercise your faith
exercise your faith
in Jesus Christ.

For what you want, for what you need.
Then when you ask the Father, in Jesus' name
You have to believe

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Exercise, exercise, exercise.
Exercise your faith
in Jesus Christ.
Exercise, exercise, exercise.
Exercise if you want
eternal life.

There are things people do
That cause others pain.
Their motivation of the heart is not to give
All they ever want to do is take away.

There are others in the
world who don't know how to restrain
the lust in their heart that
Causes them to go astray.

You know deep down; they don't want to be that way.

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What kind of person should you be?
Check your heart — is it evil or is it loving?

Do you act the way you want to?
Are you going the right way?
Is your spiritual body flabby?
Do you turn to God for strength? Do you pray?

Are you in the rat race?
Do you have faith like a weakling?
Do you wanna make it strong?
If you wanna turn around your life,
you gotta exercise your faith

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We all need a heart
that's STRONG,
a heart that beats all day long.

But your heart is not just
a muscle —
your heart is your love vessel.

When you open it up to Jesus Christ

The desire of your heart
should be on high
Your Father really wants you
to exercise.

What type of person do you want to be?
Looking into the future, what do you see?

Are you smarter, are you wiser, are you
stronger?
Where do you see yourself at the end of your life?

Did you run the race right?

Did you run to win the prize?

If you really
want to win, you need Exercise.

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