

**PROMISE OF THE
WEEK...**

**BECAUSE OF HIM
DEATH IS DEFEATED
PAIN IS NO MORE!**

Toad fell on his knees among the coals and raising his clasped paws in supplication, cried, 'Save me, save me dear kind Mr Engine driver, and I will confess everything! I am not the simple washerwoman I seem to be. I am a toad!'

The Engine driver looked very grave and said, 'I fear that you have indeed been a wicked toad and by rights I ought to give you up to offended justice. But you are evidently in sore trouble and distress so I will not desert you...'



**When have you been
in pain?**

**Why did Jesus have
to die?**

**What is the message
of Easter?**





POINTER TO PHYSICAL PERFECTION



NO PAIN NO GAIN

PROMISE POWER

**Because of Him, death
is defeated
and pain
is no more!**



Revelation 21v4

How do you cope with pain ?

PENSIVE POWER



MANAGING DISTRACTIONS

**HOW GOOD ARE YOU AT REALLY
KEEPING FOCUSSED?**



PICK A 'P' CHALLENGE...

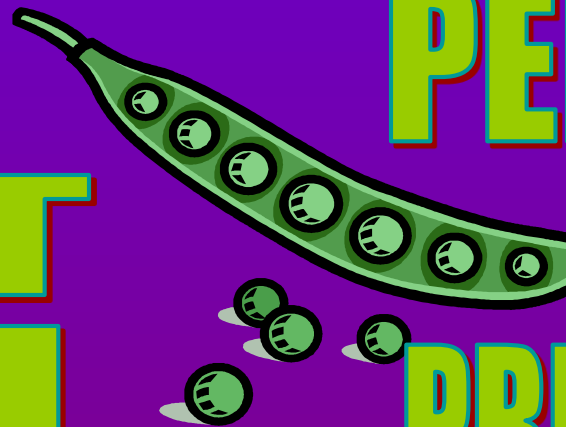
POWER

PERFECT

PENT

POINT

PAIN



PREROGATIVE

POSITIVE

PERSPECTIVE

PLEASE

PANDEMONIUM