

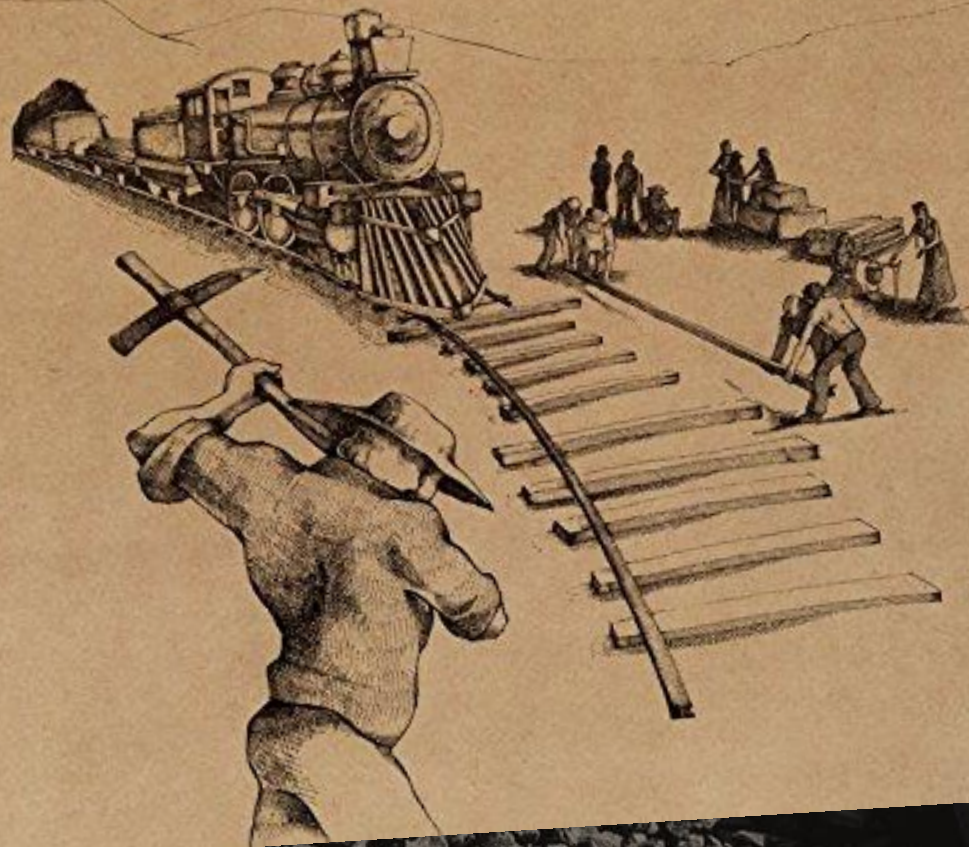


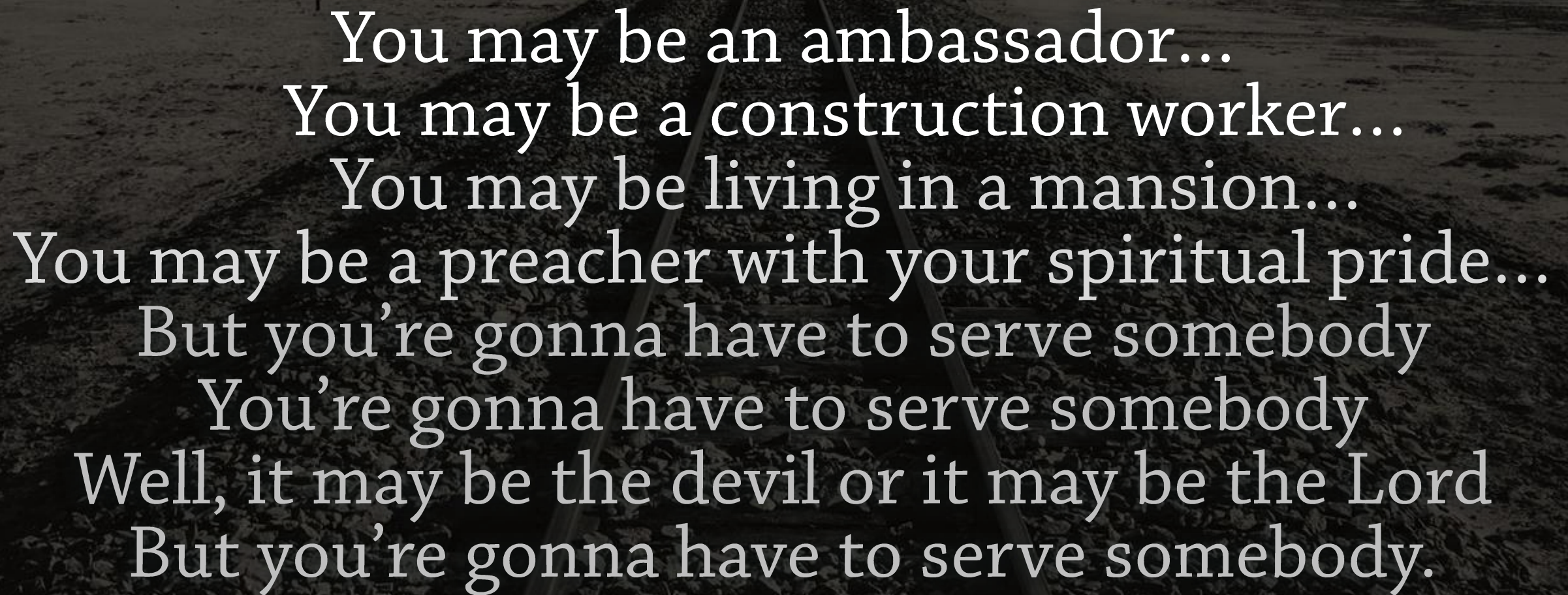
unleashing
worship

A black and white photograph of a railway track receding into the distance, with the text "Relinquishing Control" overlaid in the center. The track is made of metal rails and wooden sleepers, surrounded by gravel. The background shows a flat, open landscape under a clear sky.

Relinquishing Control

SLOW TRAIN COMING BOB DYLAN





You may be an ambassador...
You may be a construction worker...
You may be living in a mansion...
You may be a preacher with your spiritual pride...
But you're gonna have to serve somebody
You're gonna have to serve somebody
Well, it may be the devil or it may be the Lord
But you're gonna have to serve somebody.

—BOB DYLAN



Appreciate that we were
created by a loving God

Appreciate that our lives are
sustained by a loving God

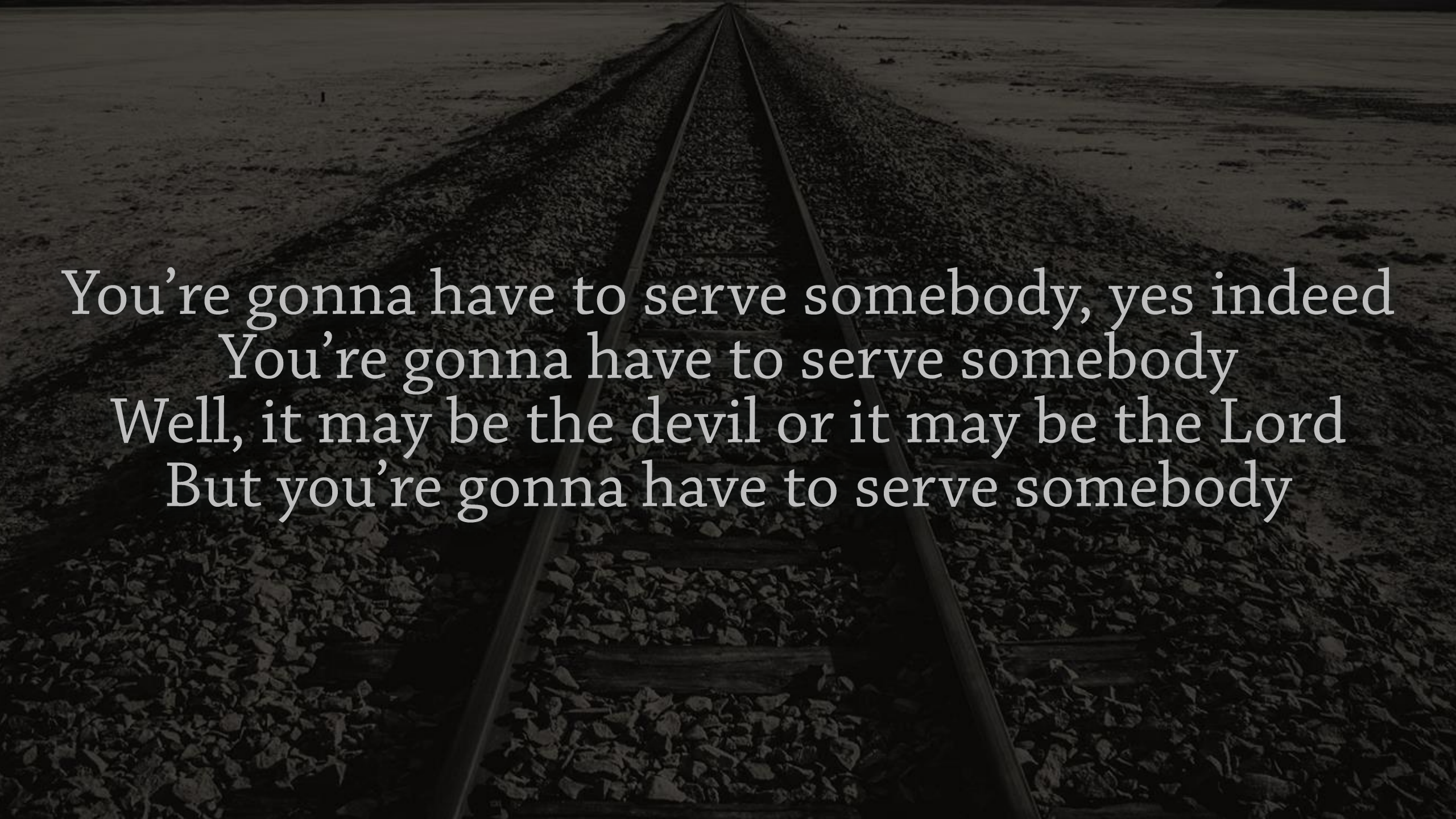


PRINCIPLES OF SACRIFICE

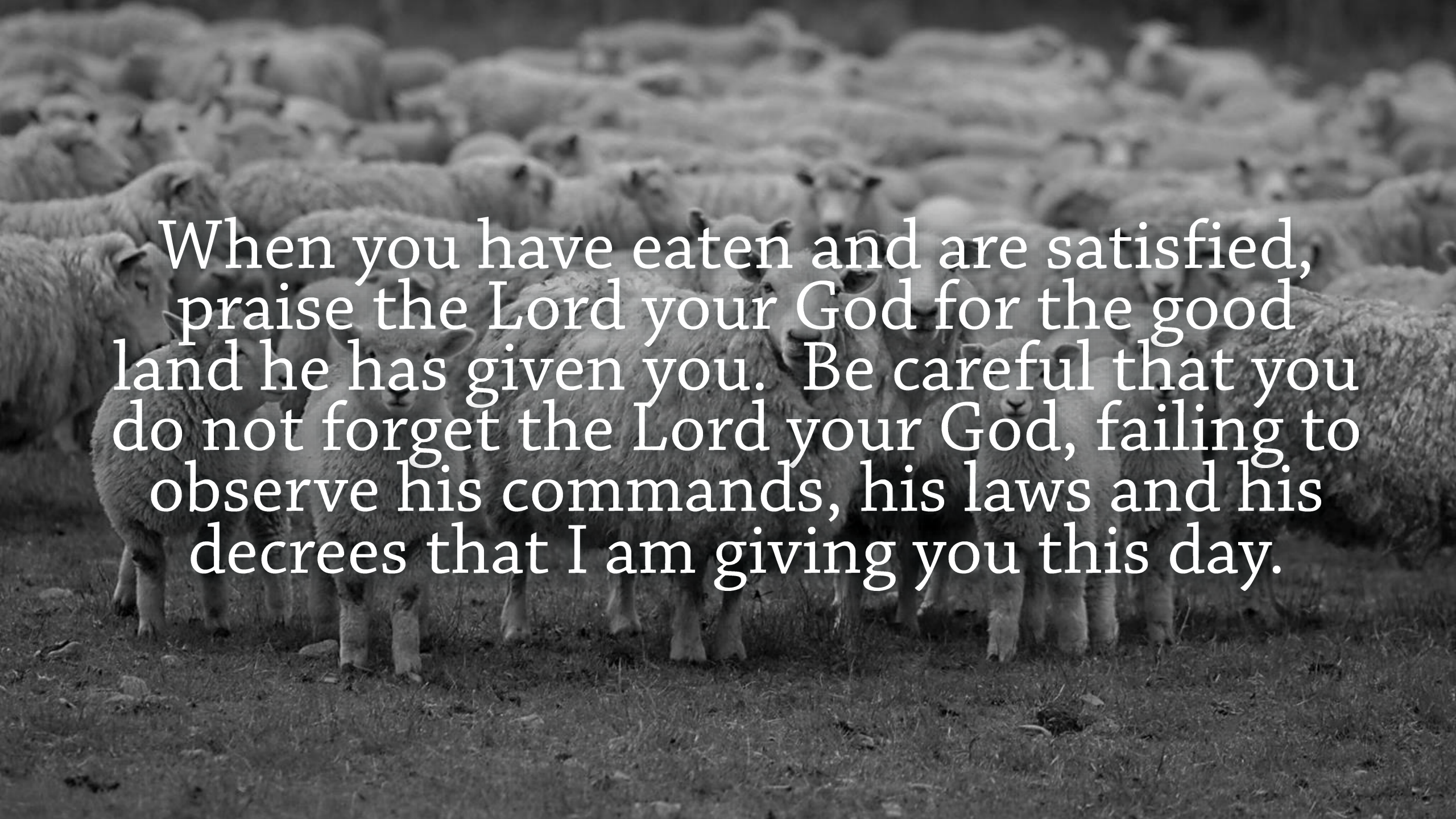
1. It had to be something you owned.
2. It had to cost you something.
3. It had to be the best.

THE VALUE OF SACRIFICE

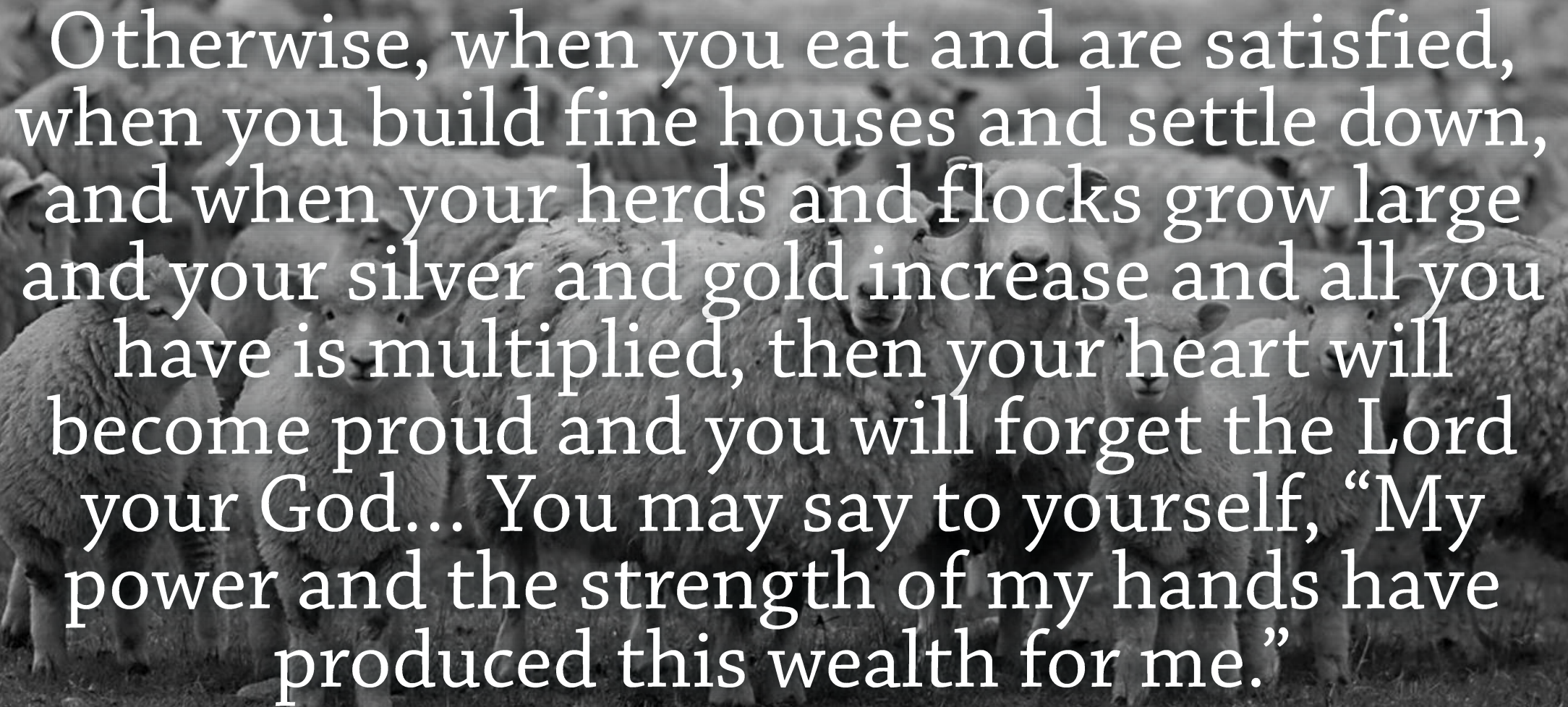
1. I give to God out of what sustains my life.
2. I give the gift to the one who sustains my life.



You're gonna have to serve somebody, yes indeed
You're gonna have to serve somebody
Well, it may be the devil or it may be the Lord
But you're gonna have to serve somebody

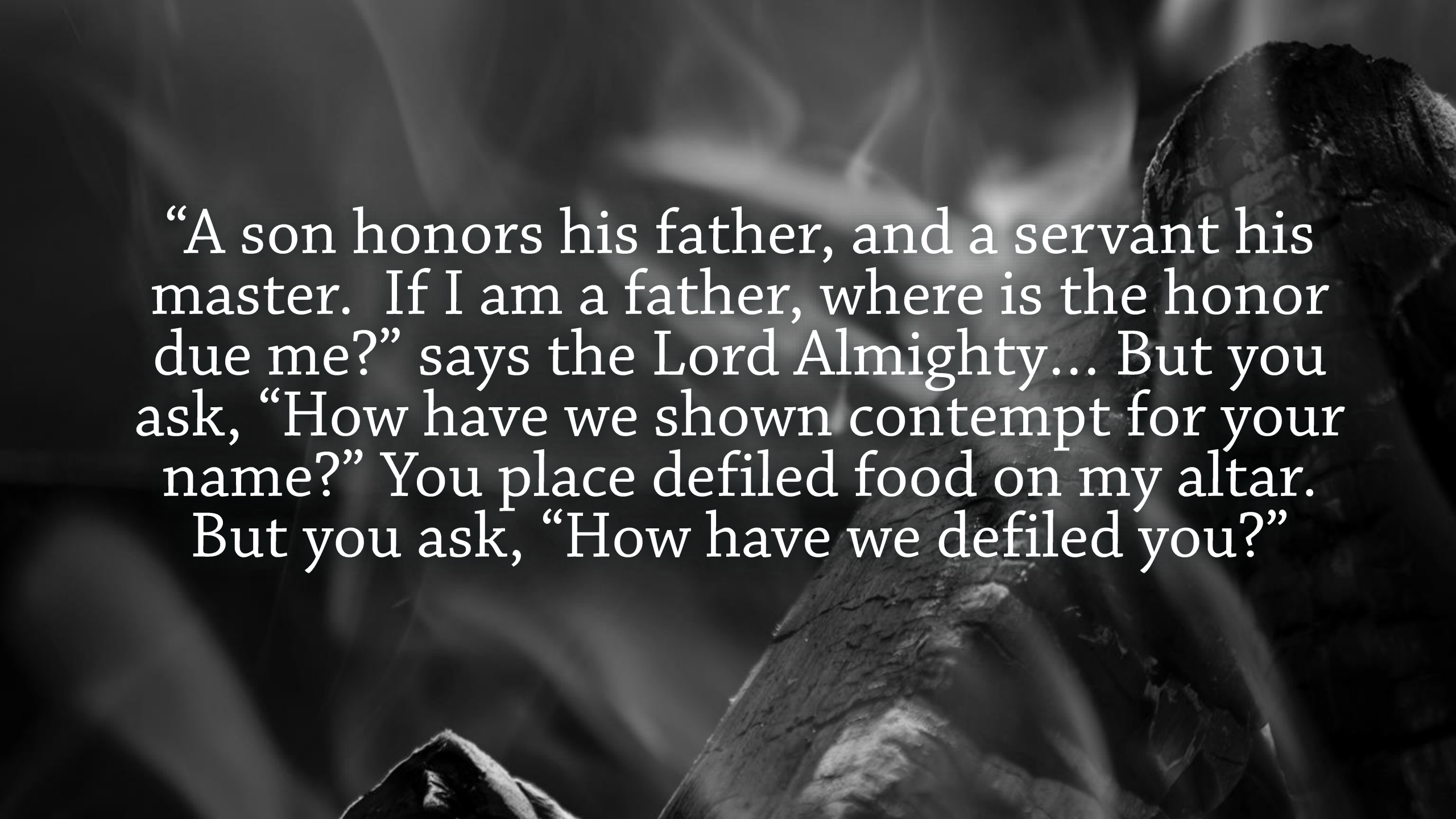
A black and white photograph of a large flock of sheep in a field. The sheep are densely packed, filling the frame from the foreground to the background. They are standing on grass, and their woolly texture is clearly visible. The lighting is soft, creating a calm atmosphere.

When you have eaten and are satisfied,
praise the Lord your God for the good
land he has given you. Be careful that you
do not forget the Lord your God, failing to
observe his commands, his laws and his
decrees that I am giving you this day.

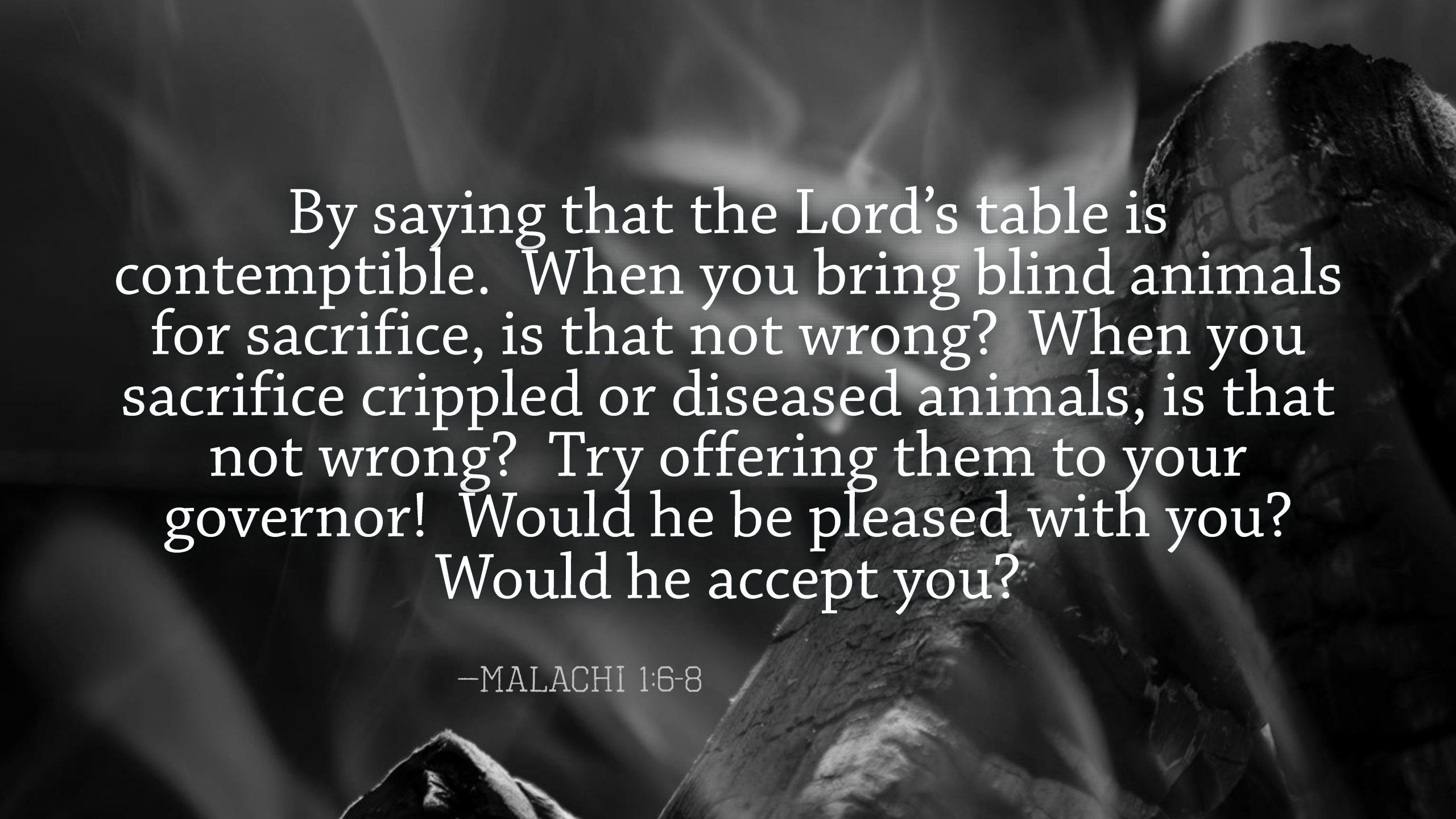
A black and white photograph of a large flock of sheep in a field. The sheep are densely packed, filling the frame. The text is overlaid in a large, white, serif font, centered horizontally and spanning most of the vertical space. The background is slightly blurred, emphasizing the text.

Otherwise, when you eat and are satisfied,
when you build fine houses and settle down,
and when your herds and flocks grow large
and your silver and gold increase and all you
have is multiplied, then your heart will
become proud and you will forget the Lord
your God... You may say to yourself, “My
power and the strength of my hands have
produced this wealth for me.”

—DEUTERONOMY 8:10-14,17

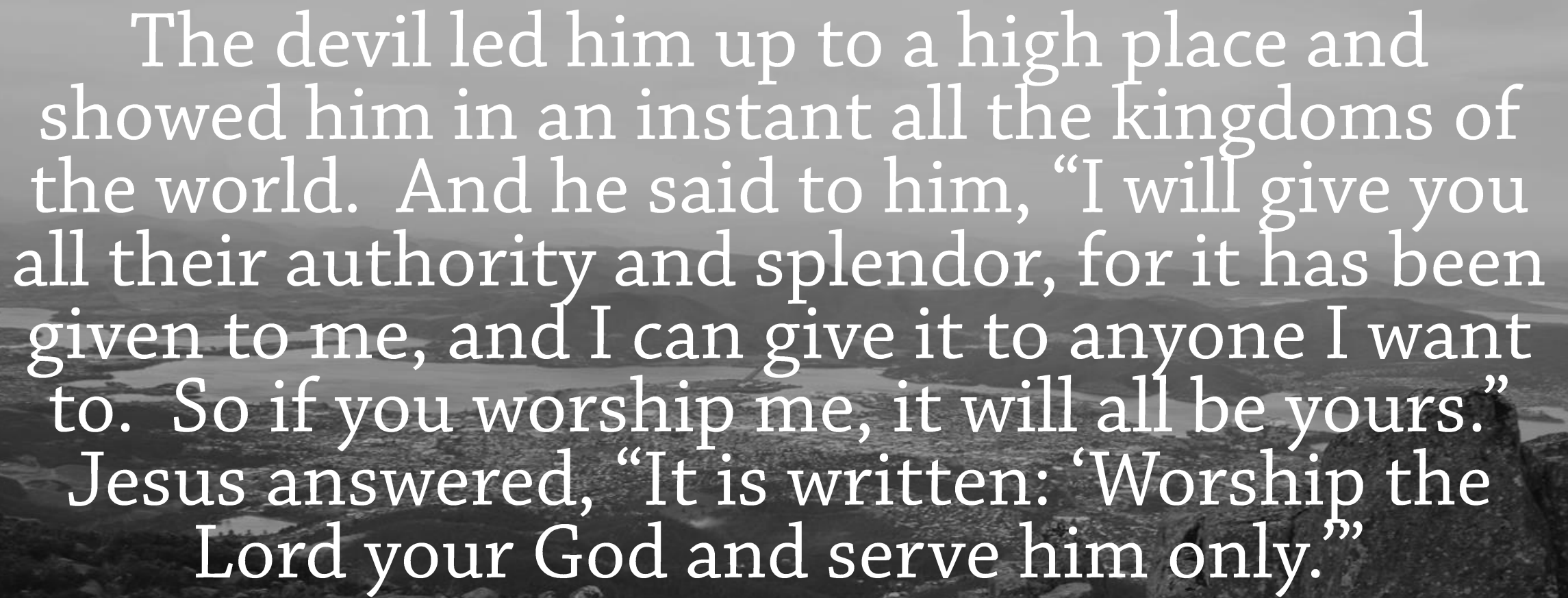


“A son honors his father, and a servant his master. If I am a father, where is the honor due me?” says the Lord Almighty... But you ask, “How have we shown contempt for your name?” You place defiled food on my altar. But you ask, “How have we defiled you?”



By saying that the Lord's table is contemptible. When you bring blind animals for sacrifice, is that not wrong? When you sacrifice crippled or diseased animals, is that not wrong? Try offering them to your governor! Would he be pleased with you? Would he accept you?

—MALACHI 1:6-8



The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, “I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So if you worship me, it will all be yours.” Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”


—LUKE 4:5-8

While Jesus was in Bethany in the home of a man known as Simon the Leper, a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table.

—MATTHEW 26:6-7

A gravel path leads from the foreground into the distance, flanked by green grass and some small white flowers on the right. In the background, a bright sun is setting behind a range of mountains, creating a warm, golden glow that fills the sky and illuminates the path.

“Dad, I want to do that.”

A photograph of a dirt path leading through a field towards a bright, hazy sunset. The sun is a large, glowing orb in the upper center, casting a warm, golden light across the scene. The path is made of dark soil and small stones, flanked by green grass and some wildflowers. The overall mood is peaceful and hopeful.

“Dad, when we were running
I felt like my disability
disappears.”

Racing History

257.....	Triathlons
72	Marathons
6.....	Ironmans
7.....	Half Ironmans
22	Duathlons
37.....	Half Marathons
681.....	Races of various lengths



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created by a loving God

Appreciate of our lives being
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