

The logo for Muscle Head Training Center features the words "MUSCLE HEAD" and "TRAINING CENTER" in a bold, black, serif font, stacked vertically. The text is flanked by two sets of vertical black bars of varying heights, creating a stylized, muscular appearance.

MUSCLE HEAD TRAINING CENTER

THE PROBLEM WITH GYM MEMBERSHIPS

Member #33381

Rick Myatt

Authorized Signature

7-5-2015

Expiration

Colossians 4:18 (NIV)

¹⁸ I, Paul, write this greeting in my own hand. Remember my chains. Grace be with you.

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An Appeal for Respect

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Philippians 1:12 (NIV)

¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.

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Acts 9:15-16 (NIV)

15 But the Lord said to Ananias, “Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel.**16** I will show him how much he must suffer for my name.”

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2 Corinthians 11:23 (NIV)

²³ Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again.

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An Appeal for Respect

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 **An Appeal for Respect**

 **An Appeal for Assistance**

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Philippians 4:10 (NIV)

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.

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Philippians 4:18 (NIV)

¹⁸ I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

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 **An Appeal for Respect**

 **An Appeal for Assistance**

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Implications

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Expiration

Implications

👉 **Have Concern For Those Who Suffer**

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Implications

👉 **Have Concern For Those Who Suffer**

👉 **Follow Paul's Instruction**

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1 Corinthians 6:7 (NIV)

⁷ The very fact that you have lawsuits among you means you have been completely defeated already. Why not rather be wronged? Why not rather be cheated?

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Ephesians 4:29 (NIV)

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

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Philippians 2:3 (NIV)

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

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Philippians 4:4 (NIV)

⁴ Rejoice in the Lord always. I will say it again:
Rejoice!

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Implications

👉 **Have Concern For Those Who Suffer**

👉 **Follow Paul's Instruction**

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Implications

- ☞ **Have Concern For Those Who Suffer**
- ☞ **Follow Paul's Instruction**
- ☞ **Be Inspired By Paul's Example**

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Philippians 1:14 (NIV)

¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

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Implications

- ☞ **Have Concern For Those Who Suffer**
- ☞ **Follow Paul's Instruction**
- ☞ **Be Inspired By Paul's Example**

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