



**PART  
4**

## CROSSFIT

### The Sun Comes Out

*Jesus took Peter and the brothers, James and John, and led them up a high mountain. His appearance changed from the inside out, right before their eyes. Sunlight poured from his face. His clothes were filled with light.*

— Matthew 17:1-2, MSG

### A Cut Above

*Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation.*

— Colossians 1:15, NLT

### The Voice

*While he was going on like this, babbling, a light-radiant cloud enveloped them, and sounding from deep in the cloud a voice: "This is my Son, marked by my love, focus of my delight. Listen to him."*

— Matthew 17:5, MSG

### Power Lift

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

— Matthew 11:28-30, NIV