

cross **training**

**PEAK
PERFORMANCE
LIVING**

Fall 2001 ABF Study

Aug. 18/19	<i>Endurance Training</i>	James 1:1-4
Aug. 25/26	<i>Stretching in Wisdom</i>	James 1:5-11
Sept. 1/2	<i>Exercising Gives Rewards</i>	James 1:12-18
Sept. 8/9	<i>Sprinting Into Action</i>	James 1:19-27
Sept. 15/16	<i>Balancing Love</i>	James 2:1-9
Sept. 22/23	<i>Recovering Mercy</i>	James 2:10-13
Sept. 29/30	<i>High Intensity Faith</i>	James 2:14-19
Oct. 6/7	<i>Following The Pace Setter</i>	James 2:20-26
Oct. 13/14	<i>Developing Technique-Tongue Control</i>	James 3:1-12
Oct. 20/21	<i>Fundamental Skills of Peace</i>	James 3:13-18
Oct. 27/28	<i>Conditioning with Proper Motives</i>	James 4:1-6a
Nov. 3/4	<i>Surrendering Spirit</i>	James 4:6b-10
Nov. 10/11	<i>Respecting Teammates</i>	James 4:11-12
Nov. 17/18	<i>Training One Day at a Time</i>	James 4:13-17
Nov. 24/25	<i>Money, No Shortcut to Victory</i>	James 5:1-6
Dec. 1/2	<i>Powerful Patience</i>	James 5:7-12
Dec. 8/9	<i>Elite Level Prayer</i>	James 5:13-18
Dec. 15/16	<i>Maintaining the Course Together</i>	James 5:19-20
Dec. 22/23	Christmas Break No ABF	
Dec. 29/30	Christmas Break No ABF	