

templeinstitute.org/donate

DONATE GENEROUSLY

PRAY

15lb

30

50

70

90

110lb



GRADUALLY INCREASE WEIGHT LIFT DUMBBELLS IN SAFETY  
A STRICT MOST CLEAN MOST WHOLESOME RAW FOOD KOSHER DIET  
HELP EACH OTHER UP OUT WHEN LIFTING IN SAFETY AND PRAYER  
LIFT THE HEAVY WEIGHTS PSALMO 133 PSALM IN SAFETY  
DISCUSS WITH OTHERS ONLINE THIS MESSAGE THE PRINT THE LINK ABOVE

INVITE THE HOLY MOST KIND AND BELOVED  
THE ARK OF THE COVENANT  
IN YERUSHALAYIM ISRAEL INTO THY HOMES IN PRAYER LIKE OBED-EDOM DID  
MOSHE and AHARON  
BLESS YOU  
israelarmy.net