

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