

Five Ways to Destress Part 2

Ephesians 5:15a (AMPC)

Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people),

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Look carefully then how you walk! Live purposefully and worthily and accurately, not as the unwise and witless, but as wise (sensible, intelligent people),

Ephesians 5:16 (AMPC)

Making the very most of the time [buying up each opportunity], because the days are evil.