

Holy Ghost Aerobics

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Lights, Camera, double time Action!

Come on, people, feel the burn and satisfaction

Let joy pump through your hearts

Opening valves the circulation starts

One, two, three, Everybody clear!

Is that music that I hear?

Arousing the Spirit to my soul

The Spirit man now takes control

Raise your arms, raise them high

Lift your faces to the sky

Absorb God's power and His grace

Feel His presence surrounding your space

Rotate those necks from left to right

Suck in those abs and make them tight

You may not be in Holy Ghost shape

But God is looking for you to willingly participate

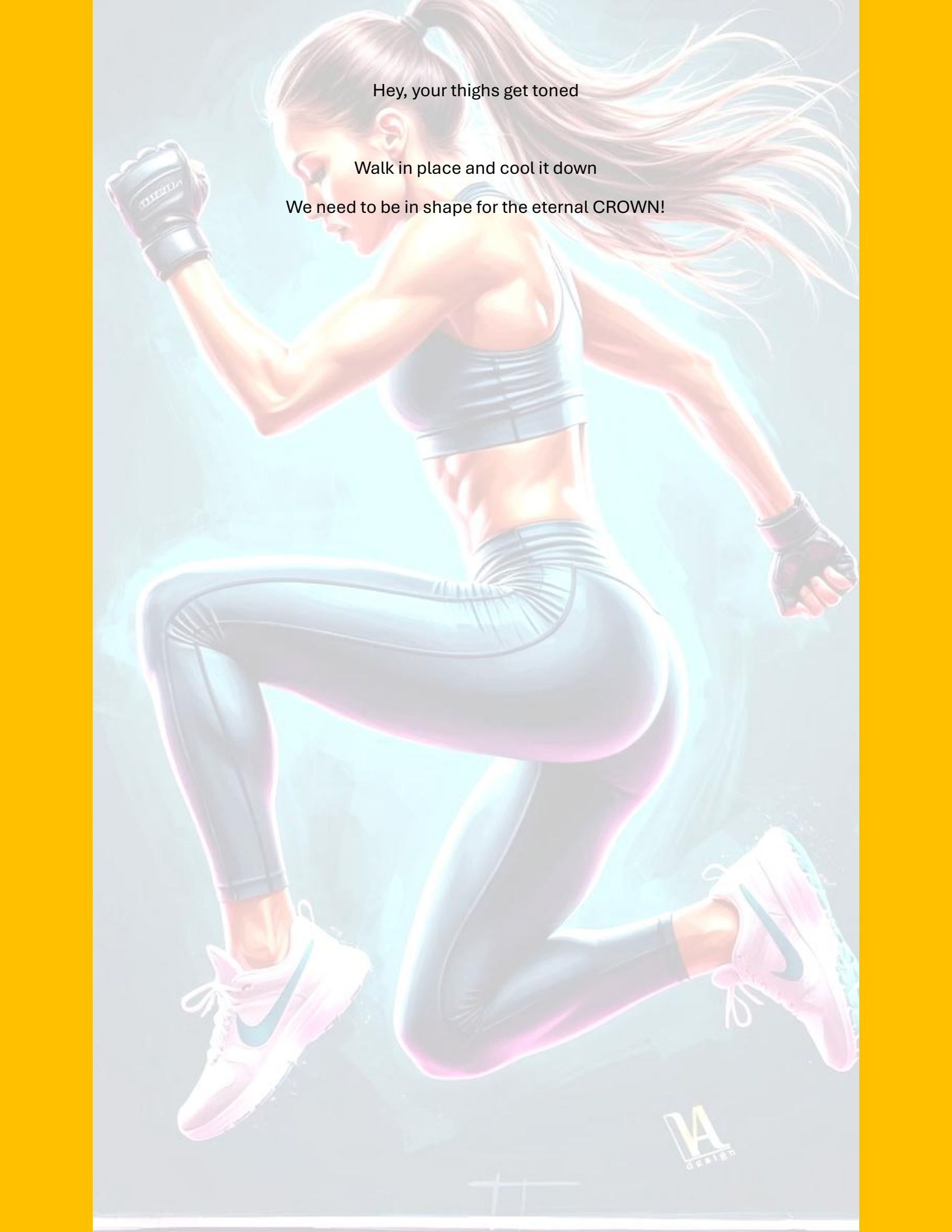
Flex your muscles and your mind

keep the rhythm, keep in time

Preparations to meet Him at the throne

Requires kneeling and praying



A digital illustration of a female athlete in a dynamic running pose. She has long, flowing blonde hair tied in a high ponytail. She is wearing a black sports bra, black leggings with a white waistband, and white sneakers with black accents. Her right arm is bent with a black boxing glove on her hand, and her left arm is extended back. The background is a soft, hazy blue and white, suggesting motion. The overall style is vibrant and energetic.

Hey, your thighs get toned

Walk in place and cool it down

We need to be in shape for the eternal CROWN!