

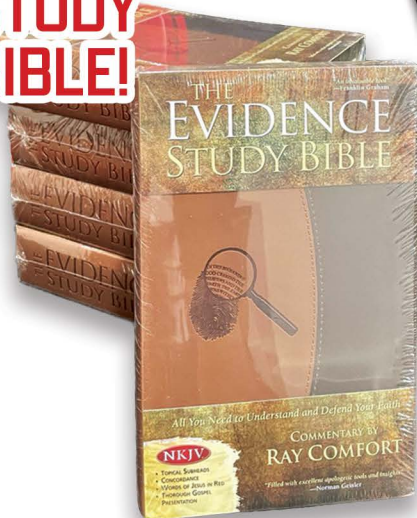
50% WEIGHTLIFTING

50% BIBLE STUDY

200% WHAT YOU SHOULD DO!



BENCH YOUR  
BODYWEIGHT,  
GET A  
STUDY  
BIBLE!





# ABOUT US

Bibles & Barbells started in Waco, Texas, but was created to serve men anywhere. If there's a local chapter in your area, find it on [BiblesAndBarbells.com](http://BiblesAndBarbells.com), or start your own group with our downloadable resources.

A weekly men's group  
for building spiritual  
and physical strength.

## WHAT WE DO

We believe men need strong Christian fellowship and encouragement now more than ever, and combining that with barbell training proved to be a very effective combination for physical and spiritual development.

Our meet-ups are comprised of Bible study and weightlifting sessions. New lifters are always encouraged to come: No experience required!

Barbell training is for all ages and strength levels. You're never too old or too out of shape to get under the barbell. Our goal is to help you improve your strength wherever you are on your health and fitness journey.

We provide Bible study handouts with scripture and study notes to discuss in the group. See past handouts at [BiblesAndBarbells.com/studyguides](http://BiblesAndBarbells.com/studyguides)

SCAN FOR  
MORE INFO



CALL/TEXT:  
254-248-4758  
EMAIL:  
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## ABOUT JOSH



Josh Timonen founded Bibles & Barbells, and is a former "evangelical atheist" who worked with Richard Dawkins and other prominent atheists for many years as a content creator. He has been a bodybuilding and strength training enthusiast for many years.

Watch his Living Waters interview and testimony on our website.

BE STRONG & COURAGEOUS.  
[BIBLESANDBARBELLS.COM](http://BIBLESANDBARBELLS.COM)