

# Keep Yourself in Training

Words and Music: John Hardwick © 1998

[www.johnhardwick.org.uk](http://www.johnhardwick.org.uk)

Military Feeling  
♩ = 120

The musical score is written for voice and piano in 4/4 time with a tempo of 120 beats per minute. It features a key signature of one flat (Bb) and a dynamic marking of **F** (forte). The score is divided into six systems, each with a vocal line and a piano accompaniment line. The lyrics are: "In the first book of Tim - o - thy", "Chap - ter 4 verse se - ven", "Keep your - self in train - ing,", "For God - ly life,", "first book of Tim - o - thy,", and "Chap - ter 4 verse se - ven". The score includes an **ECHO** section and a **Says** section. The key signature changes to one sharp (F#) in the final two systems. The piano accompaniment consists of a simple bass line with chords.

**F**

In the first book of Tim - o - thy  
ECHO: (In the first book of Tim - o - thy)

Chap - ter 4 verse se - ven  
(Chap - ter 4 verse se - ven.) Says

Keep your - self in train - ing,  
(Says keep your - self in train - ing,

For God - ly life,  
(For God - ly life) In the

**F G**

first book of Tim - o - thy,  
ECHO: (In the first book of Tim - o - thy)

Chap - ter 4 verse se - ven  
(Chap - ter 4 verse se - ven.) Says

Keep your - self in train - ing, (Says keep your - self in train - ing,)

For God - ly life, (For God - ly life) In the

first book of Tim - o - thy ECHO: (In the first book of Tim - o - thy)

Chap - ter 4 verse se - ven (Chap - ter 4 verse se - ven.) Says

Keep your - self in train - ing, (Says keep your - self in train - ing,)

For God - ly life, (For God - ly life.) Yeah!

This song can be found on John Hardwick 'Action Packed Praise DVD + CD + 34 Songs For All Occasions (Double CD)

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