



January 10, 2010

Spiritual Body Building Ephesians 4:11-16

Body Image

1. Biological Family

- A) Toxins
- B) Nutrients

2. Spiritual Family

- A) Atrophy
- B) Exercise

Reflection:

1. Is my house in order?

If not, what is out of order?

What needs to be changed?

What steps need to be taken?

If so, what do we need to do to keep it that way?

2. Am I connected properly in the Body of Christ?

If not, What can I do?