



WEEK ONE

Train Your Body

a six-week small group series

FIT TO BE A DISCIPLE

FOCUS

"Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? 'For you were bought with a price; therefore glorify God in your body.'"

- 1 Corinthians 6:19-20

INFORMATION

What messages do you hear from the world about your body?

What does Jesus think about your body?

TRAIN

What stood out from the Baker family to you?

PRACTICE

Stretch + Walk + Pray + Mirror Affirmations +

YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT WITHIN YOU

YOUR BODY IS HOLIER THAN YOU KNOW

JESUS GIVES US HIS BODY TO MAKE US WHOLE