



Today's Fruit: PEACE Today's Muscle: abs/core

June 26th, 2016
Summer Series: Part 3 of 9

Galatians 5:22-23 (NLT): But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

Fitness has at its core the "Core"

To Build a core takes effort.

Peace is about the "core" of who you are.

Building Peace will stabilize your whole spiritual being.

The peace of the spirit sets the pace of your life.

How to find peace:

- Take a walk - exercise
- Get in nature - see Gods creation first hand.
- You have to surround yourself with the right environmental elements:
 - Communication with the Creator, prayer.
 - Input of stuff to your brain, reading and the bible.
 - Hanging out with others, fellowship.



Gal 6:15-16 (NLT) 15 It doesn't matter whether we have been circumcised or not. What counts is whether we have been transformed into a new creation. 16 May God's peace and mercy be upon all who live by this principle; they are the new people of God.