Gospel Fitness for a Healthy Body (Eph. 4:1-6)

1 Timothy 4:8

Ephesians 4:1-6

3 Keys for a Healthy Body:

1. Walk daily
   Ephesians 4:1

2. WorkOUT consistently
   Ephesians 4:2-3

   “The essence of gospel-humility is not thinking more of myself or thinking less of myself, it is thinking of myself less.” - Pastor Tim Keller

   Philippians 2:3-8

3. Maintain your Core
   Ephesians 4:3-6