

A 12-Week Journey of Healthy Christian Exercise

We are inviting you to join a 12-week journey of healthy Christian exercise.

*Do you want to see a vital,
fruitful gospel living full of new
ones?*

*Do you want to build up a
spiritual habit of contacting
people, loving people, and
caring for people?*

*Do you want to create a healthy
spiritual environment around
you?*

*Do you want to turn your new
ones into your gospel
companions?*

Please come and join us for this 12-weeks exercise of life. This may turn out to be the best investment in your life and you may find this developing into a life-long habit of spiritual living.

Building Up the Church Life in the Homes

Training and Exercise (2)

**Building up a Gospel living—
From Vital Companions to
Gospel Companions**

Helper's

Registration

Helper: _____

Host: _____

Church: _____

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