

A 12-Week Journey of Healthy Christian Exercise

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

Would you like to build up a healthy habit of spiritual exercise?

Would you like to overcome the fear of talking to people about Christ?

Would you like to have a vital, gospel companion (your personal trainer) to accomplish the above?

Would you like to be a factor of blessing to everyone around you?

Please come and join us for this 12-week 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**

Registration

Name: _____

Companion: _____

Host: _____

Church: _____

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