

**LET
ME
TELL
YOU
ABOUT
JESUS**



LET ME TELL YOU ABOUT JESUS

“I am the way, the truth & the life.”





Spiritual Health

The Word of God
Fellowship
Prayer

A water droplet is suspended in mid-air, just above a pool of water. The droplet is perfectly spherical and reflects the surrounding light, showing a bright yellow and blue streak. The water below it has several concentric ripples, with the same yellow and blue colors reflecting on its surface. The background is a soft, out-of-focus blue and yellow gradient.

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“Let anyone who is thirsty come to me and drink.” (John 7:37)

LET ME TELL YOU ABOUT JESUS

Acts 2:42-47

42They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. **43**Everyone was filled with awe at the many wonders and signs performed by the apostles. **44**All the believers were together and had everything in common. **45**They sold property and possessions to give to anyone who had need.

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46Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, **47**praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

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2 Timothy 3:16-17

16All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17so that the servant of God a may be thoroughly equipped for every good work.

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Psalm 119:105

Your Word is a lamp unto my feet, a light on my path.

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“Spending time in the bible regularly strengthens our faith. It helps us discern truth from deception and equips us to live in a way that honours God.”

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Physical Health

- 1. STEADY STATE CARDIO**
2. HIGH INTENSITY INTERVALS
3. RESISTANCE TRAINING HIGHER REPS
4. STRENGTH TRAINING LOWER REPS

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Physical Health

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BIBLE READING

1. LARGE PORTIONS OF SCRIPTURE

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BIBLE READING

- 1. LARGE PORTIONS OF SCRIPTURE**
- 2. SMALL SECTION FOR STUDY**

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- 3. MEDITATIVE SLOW READING**

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BIBLE READING

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- 2. SMALL SECTION FOR STUDY**
- 3. MEDITATIVE SLOW READING**
- 4. MEMORISATION**

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“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread”

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“being part of a church community provides encouragement, accountability and opportunities to serve. It reminds us that we are not alone. When we worship together, study the bible and support one another, we experience the love of Christ in deeper ways.”

LET ME TELL YOU ABOUT JESUS

Hebrews 10

And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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Prayer is not a religious ritual; it is a conversation with God. It is the way we draw near to Him, express our hearts, and hear His voice.

LET ME TELL YOU ABOUT JESUS

Prayer

A ADORATION

C CONFESSION

T THANKSGIVING

S SUPPLICATION

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The Lord's prayer

- 1. THE FATHER'S CHARACTER**
- 2. THE FATHER'S KINGDOM**
- 3. THE FATHER'S PROVISION**
- 4. THE FATHER'S FORGIVENESS**
- 5. THE FATHER'S GUIDANCE**
- 6. THE FATHER'S PROTECTION**

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KATHLEEN

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