

2 June 2026

We talked about our perfect bodies yesterday. Today we need to talk about how to get these bodies. The first step is found in the book by John:

John 3:16

New International Version

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

You need to believe. Believe that Jesus lived a perfect life, died on the cross for our sins then rose 3 days later defeating death. This is the beginning of the journey then Jesus says:

Matthew 16:24

New International Version

²⁴ Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Now this is done in different ways it depends on the gifts God gave you. For me it is preaching. Others the gift of Prayer, or breaking bread. We each do this in different ways. Based upon our gifts from God:

Galatians 5:22-23

New International Version

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

These fruits are the gifts from the holy spirit so we can go and make disciples of all nations in different ways.

Working in the good of Jesus.

Chaplain Tony