

MEMBER OF THE RISE UP

The Armour of God!



Breastplate of Righteousness.



The Fruit of the
Spirit!



GOODNESS



Ugli fruit.



A BIT
OF
BARD

The quality of mercy is not strained.
It droppeth as the gentle rain from heaven
Upon the place beneath. It is twice blest:
It blesseth him that gives, and him that takes.
'Tis the mightiest in the mightiest.

It becomes the throned Monarch better than his crown.
His sceptre shows the force of temporal power,
The attribute to awe and majesty,
Wherein doth sit the dread and fear of kings;
But mercy is above this sceptre's sway.
It is enthroned in the hearts of kings;
It is an attribute to God himself,
And earthly power doth then show likest God's when mercy
seasons justice.

Therefore though justice be thy plea, consider this:
That in the course of justice none of us should see salvation.
We do not pray for mercy, and that same prayer
Doth teach us all to render the deeds of mercy.

- ▣ What do you do that makes you feel good inside?
- ▣ Who do you know who is a really good person? How do they show it?
- ▣ What can you do to get fit physically **AND** spiritually?



HELMET OF SALVATION

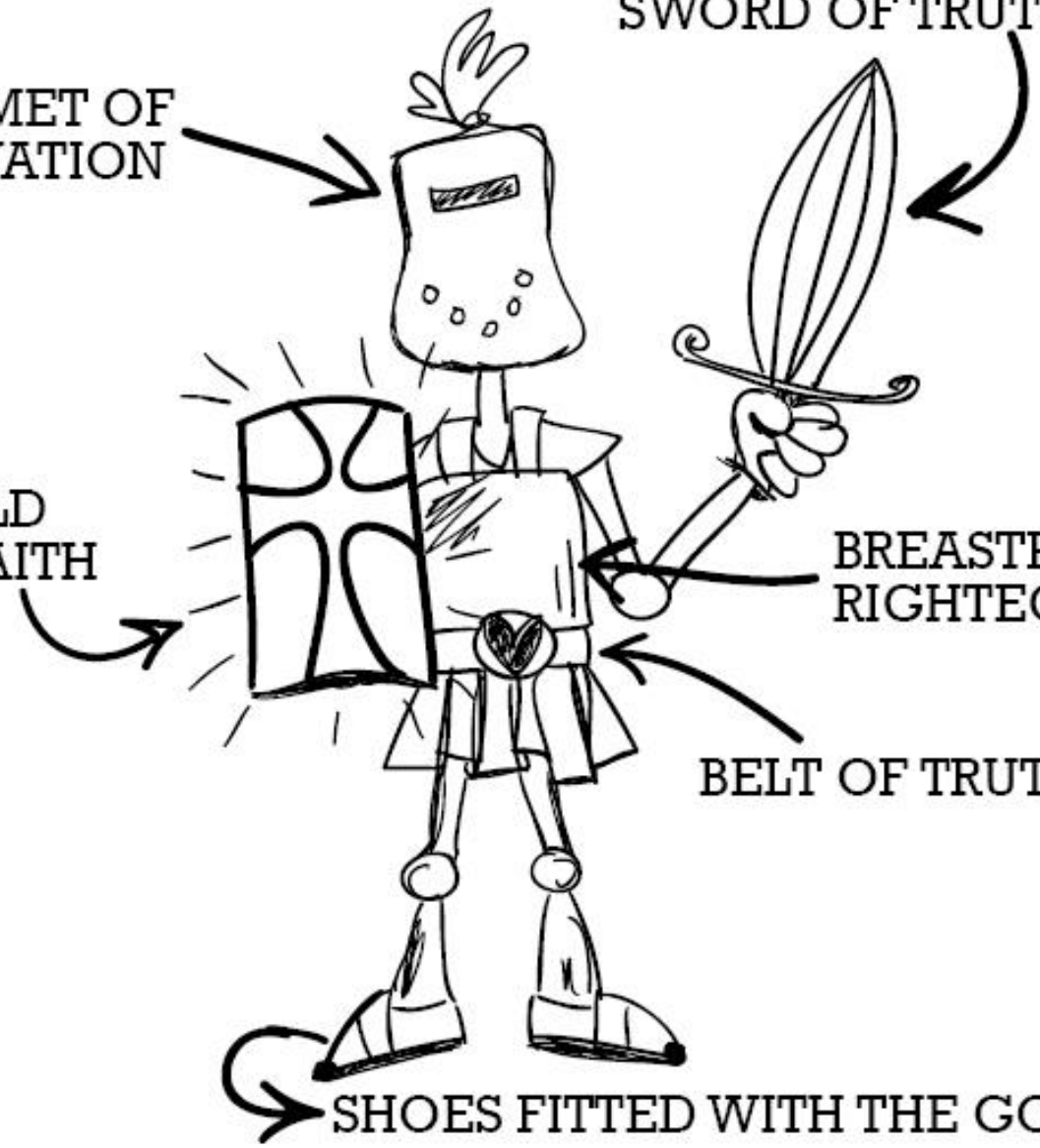
SWORD OF TRUTH

SHIELD OF FAITH

BREASTPLATE OF RIGHTEOUSNESS

BELT OF TRUTH

SHOES FITTED WITH THE GOSPEL



METAL



FRUIT

FEEL GOOD



RIGHTEOUSNESS AND GOODNESS

Are you as good as you can be?

**Yo exercise is good for your heart
If you wanna live long dat's where you start
Right in de middle you just can't hide
Don't be rotten be good inside**



**Mmmetal fruit taste and see
Mmmetal fruit for you and me**



**If you try to be good if you try to live right
It's de heart of de matter dat wins de fight
De good in me de good in you
Just try to be Righteous in all you do**

Joy

Faithfulness

PREACH

Self-Control



Galatians 5:22-23 tells us that the fruit of the Spirit is...

GOODNESS

Love

Patience

GENTLENESS

Kindness

The Fruit of the Spirit

Love, joy, peace,

...rtleness, self-contra



...gence, goodness,

Ugli Fruit looks horrid but tastes good!
Do others see your goodness?

Creator of all, come to me
Let your presence renewing be

**Oh Lord my heart is ready
My heart is in you.**

Saviour of all, come to me
Let your Peace enfolding be

**Oh Lord my heart is ready
My heart is in you.**

Spirit of all, come to me
Let you Power refreshing be


**Oh Lord my heart is ready
My heart is in you.**

God of all, come to me
Let your Goodness indwelling be

**Oh Lord my heart is ready
My heart is in you.**



MENTAL TOOLS



DISTILLING

**FIND THE HEART OF WHAT YOU ARE
LEARNING AND APPLY IT IN NEW WAYS!**

THE PERIODIC TABLE

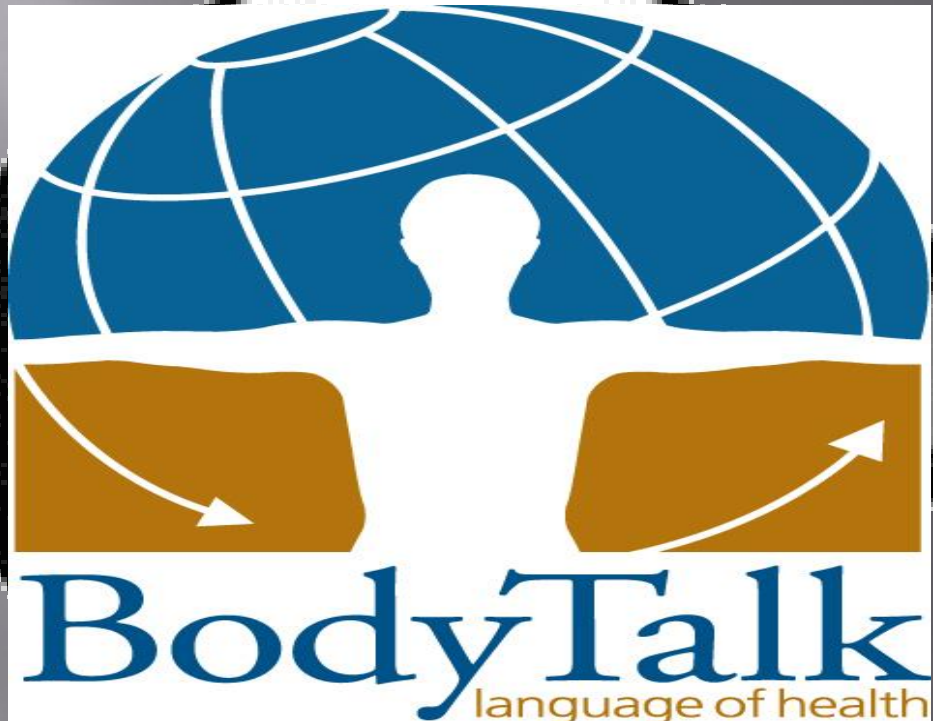
ELEMENTS WITH STYLE!



CREATED BY BASHEN - WRITTEN BY ADRIAN DINGLE



RE-UNIT YOUR MIND, BODY AND SPIRIT AND BECOME WHOLE



That's the spirit!



Shhhh... Make lunch times lovely.