



MEMORY VERSE:
 "The spirit is willing, but the flesh is weak." (Matthew 26:41)



REVIEW QUESTION:
 Which part of you is perfect: your spirit or flesh?

 Which part of you is not perfect: your spirit or flesh?

Solve the code the find three ways to exercise your spiritual muscles.

A	B	C	D	E	F	G	H	I	J	K	L	M
26	25	24	23	22	21	20	19	18	17	16	15	14

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13	12	11	10	9	8	7	6	5	4	3	2	1

1. _____
 11 9 26 2



2. _____
 9 22 26 23 7 19 22 25 18 25 15 22

3. _____
 23 12 7 19 22 25 18 25 15 22

BONUS QUESTION:

Is the spirit of every person perfect? Why or why not? (Answer on the back of this paper.)

Here is a list of scripture about things that were talked about in the podcast. You're encouraged to look them up and read them!

- Psalm 51:5
- Matthew 26:36-41
- John 3:1-21
- Romans 3:23
- Romans 5:12
- Romans 6:23
- Romans 8:9
- 2 Corinthians 5:17
- Galatians 5:17
- Ephesians 2:1
- Ephesians 2:5
- Ephesians 4:24
- Colossians 2:13
- 1 John 4:17

