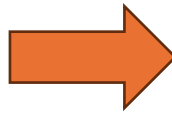
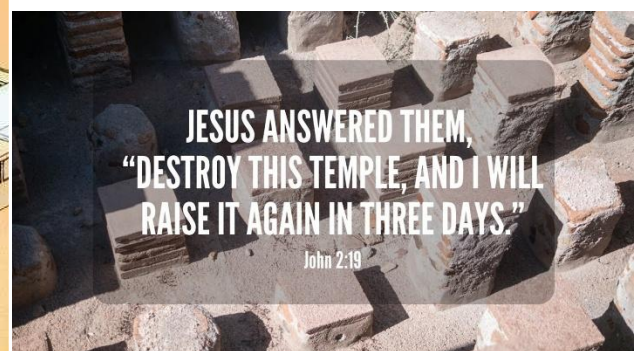
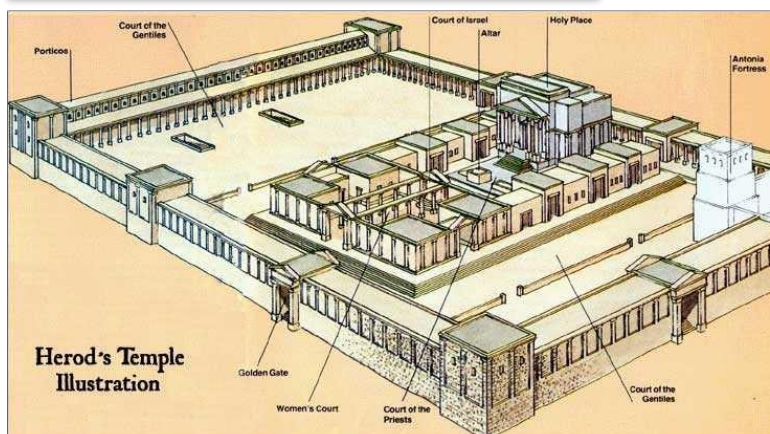
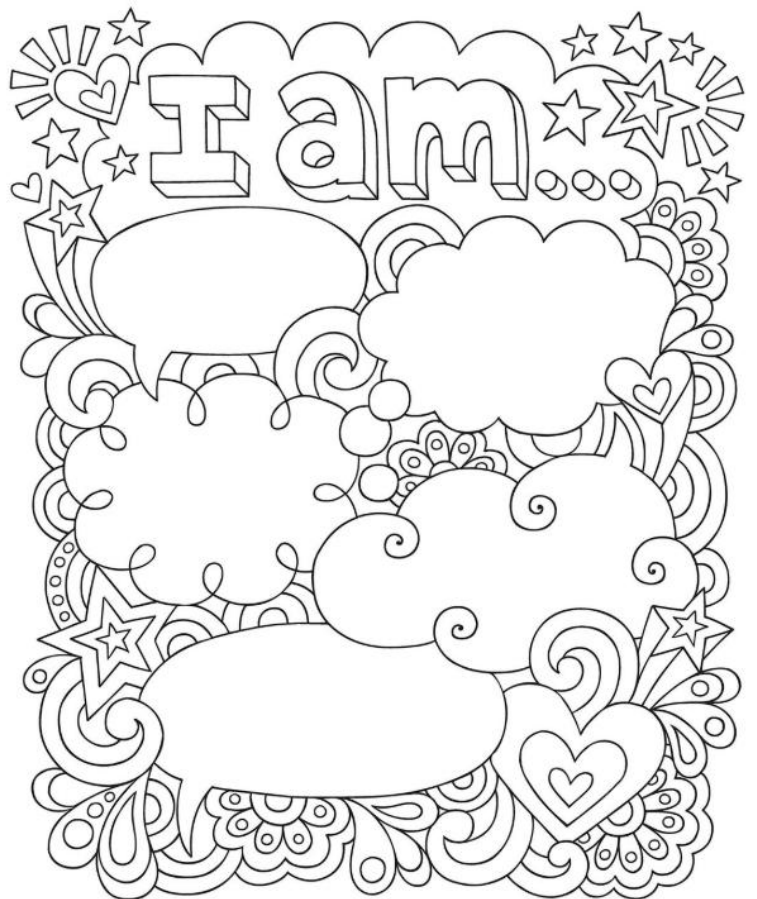


**Lord's Supper
Celebration
28th September 2025**



When people say, "Just be you" or "Be true to yourself", what do they mean?

Who are you and how should you "be true to who you are?"



Children with Play Dough



Make a model of yourself and also a dove or a flame to resemble the Holy Spirit.

If the Holy Spirit lives inside us, how should we treat our bodies?

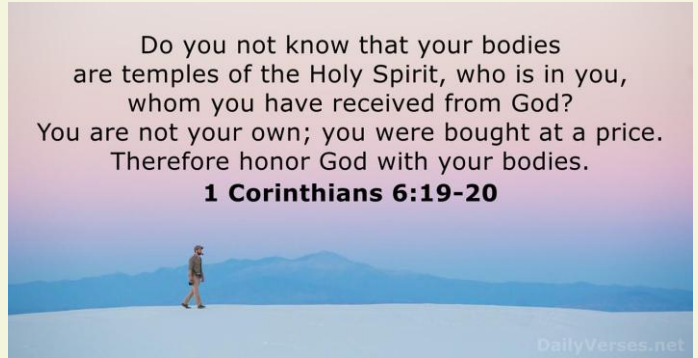


As Christians, who do we belong to?

Who are we and who lives in us?

Do you not know that your bodies
are temples of the Holy Spirit, who is in you,
whom you have received from God?
You are not your own; you were bought at a price.
Therefore honor God with your bodies.

1 Corinthians 6:19-20



In what ways might we honour or dishonour God with our bodies, and what help do we need from the Holy Spirit?

In him the whole building is joined
together and rises to become a
holy temple in the Lord. And in him
you too are being built together to
become a dwelling in which God
lives by his Spirit.

Ephesians 2:21-22 NIV

Therefore we do not lose heart.
Though outwardly we are wasting away,
yet inwardly we are being renewed day by day.

2 Corinthians 4:16



Think & pray together:

- Praise God for the privilege of being temples of the Holy Spirit, that God would choose to live in us!
- Pray that we would live for Jesus and honour him with our bodies.
- Thank God that despite health issues and ageing effects on our bodies, God is renewing our souls and when Jesus returns, we will have new bodies!

