

# Ship Shape



## **“Health + Vitality”**

Your Body Keeps the Score

Even as Your Soul Prospers

3 John 1:2

We were made Wonderfully Complex

Psalms 139:13-14

We are Spirit, Soul and Body

1 Thessalonians 5:22-24

Honor your Body, Temple of the Holy Spirit  
1 Corinthians 6:12-20

Don't Neglect over your Body  
Don't Obsess over your Body

“It's Impossible to Be Spiritually Mature, While Remaining  
Emotionally Immature”

*Emotionally Healthy Spirituality By Pete Scazzero*

Healing comes in Community  
3 John 1:13-14, James 5:16

Confession = acknowledgement of wrongdoing

Repentance = realignment of life that moves us towards  
God in light of confession