

A photograph of two women, one younger and one older, both smiling and performing a side-body stretch with one arm raised. They are in a bright, sunlit room with large windows in the background. The younger woman is on the left, wearing a white tank top and white pants. The older woman is on the right, wearing a light green t-shirt. The entire image is framed by a thick green border.

rejoice

trust

think

do

Exercise your faith to avoid

SPIRITUAL ATROPHY

Let's keep moving for the cause of Christ!

Philippians 4: 4-9