**Bodybuilding 101**

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**theway church**

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**June 12, 2016**

**Jude 20-23 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, 21 keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. 22 And on some have compassion, making a distinction; 23 but others save with fear, pulling them out of the fire, hating even the garment defiled by the flesh.**

**Jude’s Bodybuilding Tips**

1. Faith

20 But you, beloved, **building yourselves up on your most**

**holy faith**…

2. Prayer

20 But you, beloved, building yourselves up on your most

holy faith, **praying in the Holy Spirit,**

3. Love

21 keep yourselves **in the love of God**…

4. Mercy

21 keep yourselves in the love of God, **looking for the**

**mercy of our Lord Jesus Christ** unto eternal life.

5. Compassion

22 **And on some have compassion**, making a distinction…

6. Fear

22 And on some have compassion, **making a distinction;**

**23 but others save with fear…**

7. Truth

23 but others save with fear, pulling them out of the fire,

**hating even the garment defiled by the flesh.**