**Bodybuilding 101**

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**theway church**

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**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.**