

No  
Excuses

No  
Reservations



No Holding  
Back

No

Excuses

No

Reservations

A pair of white All Star sneakers is shown in a close-up, slightly angled view. The sneakers have white laces and a white rubber sole. The text 'ALL IN - OUR BODIES' is overlaid in a bold, black, sans-serif font across the center of the image. The background is a soft, out-of-focus grey.

**ALL IN – OUR BODIES**

Romans 12:1-2

No Holding  
Back

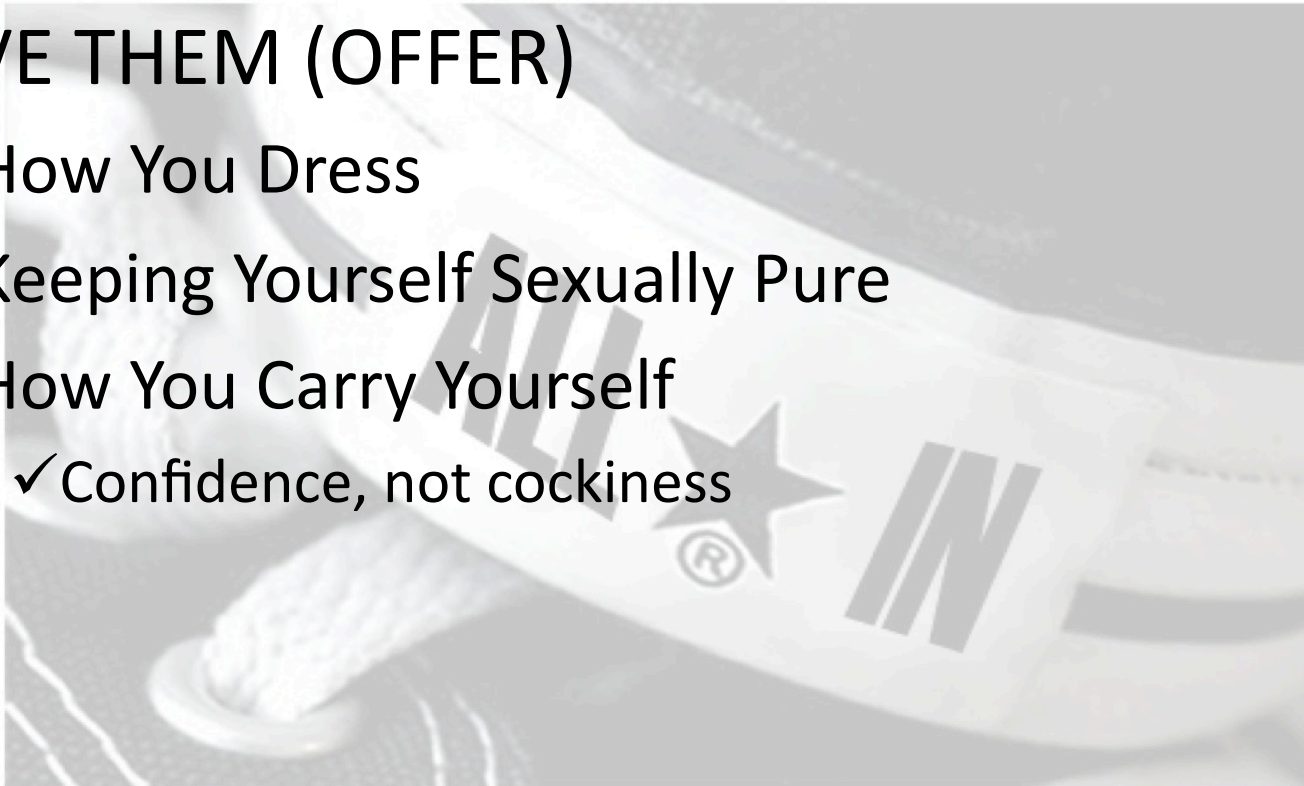
No Excuses

# PRESENT YOUR BODIES

No Reservations

✓ GIVE THEM (OFFER)

- ✓ How You Dress
- ✓ Keeping Yourself Sexually Pure
- ✓ How You Carry Yourself
  - ✓ Confidence, not cockiness



No Holding  
Back

No Excuses      No Reservations

# PRESENT YOUR BODIES

✓ LIVING SACRIFICE

✓ What Is A Sacrifice?

✓ HOLY

✓ ACCEPTABLE

✓ REASONABLE SERVICE

✓ (Act of Worship)



No Holding  
Back

# DO NOT BE CONFORMED

✓ 1 JOHN 2:15-17

✓ “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world – the lust of the flesh, the lust of the eyes, and the pride of life – is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.”

No Holding  
Back

# TRANSFORM/RENEW YOUR MIND

## ✓ PROVE

✓ Good

✓ Acceptable

✓ Perfect

## ✓ HOW DO WE RENEW?

✓ Psalm 1

✓ “Blessed is the man who does not walk in the counsel of the ungodly, nor stand in the way of sinners, nor sit in the seat of the scornful. But his delight is in the Law of the Lord, and in this Law he meditates day and night. And he shall be like a tree planted by the rivers of water...”