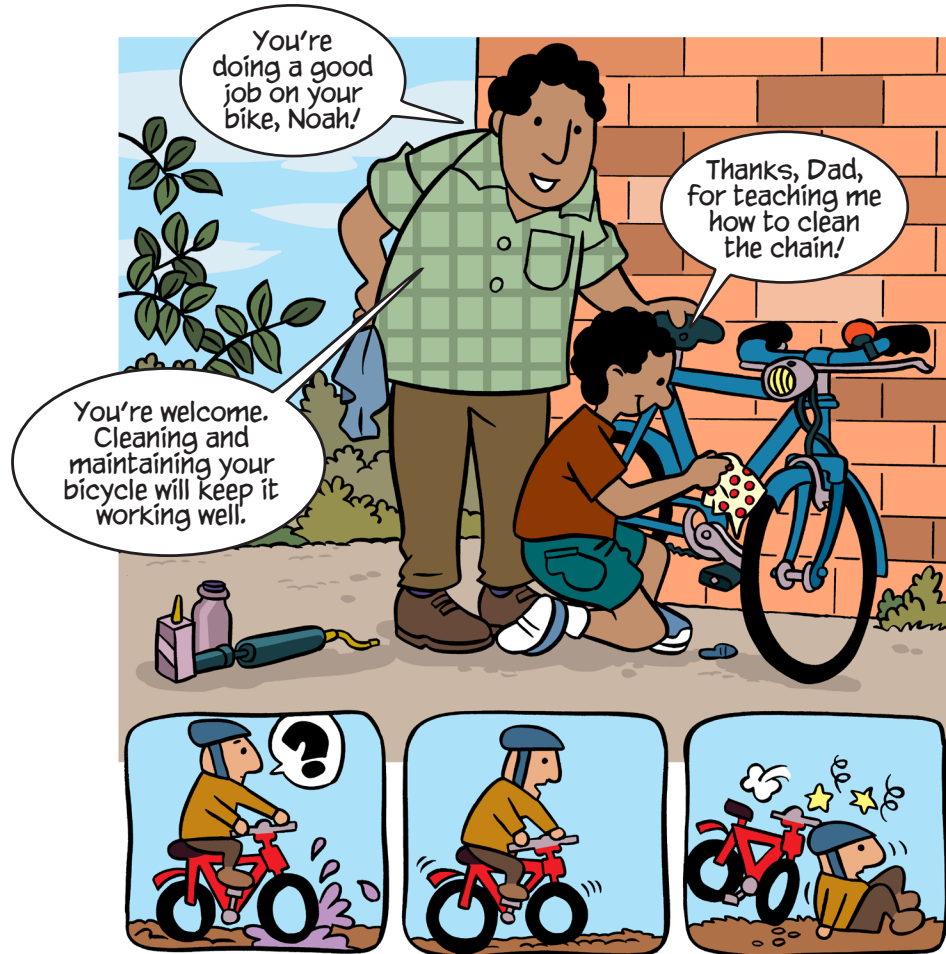


TUNED UP WITH GOD'S SPIRIT

When you're riding your bike, dirt and grime will gather in the gears and chain, especially if you are riding on a dirt path or through mud.

After a while, if you haven't regularly cleaned and oiled your bike's gears, the gears can stick and this will prevent your bike from working properly.



Consider your life like that bicycle: It is necessary to take time to clean your attitude (gears) of the influences or thoughts that would clutter (or dirty) your heart and spirit. You must keep your attitude running well with the oil of God's Spirit.

