WHAT ARE YOU EATING ?





Just as our physical body thrives from what we fuel it with, so does our spiritual body so the question is what are you eating?

ON A SCALE 1-10, HOW MANY TIMES A WEEK DO YOU:





Engage in Social Media/ Tv

1 2 3 4 5 6 7 8 9 10

Spend time in God's word, pray, worship, watch sermons

1 2 3 4 5 6 7 8 9 10





Take the time to take care of you/self care

1 2 3 4 5 6 7 8 9 10