

Lent Course 2017: Spiritual Fitness



We are surrounded by images of healthy bodies - bronzed, slim and well toned. Our society shouts loud and clear that this is what we really ought to look like and many join gyms or exercise classes and adopt diets in order to become more physically fit. However, important as this is, God loves us as *whole* people. What does spiritual fitness look like and how do we tone this area of our lives?

These are really important questions about which the Bible and Christian tradition have much to say.

During Lent why not come and explore how to live the life that God calls us into? We'll be looking at Jesus' life and, using him as our guide, consider how God invites us and equips us to make some gentle steps along the same pathway.

There will be two opportunities to explore this subject each week through Lent: at 7.30 on Thursday evenings in St Peter's or at 2.00pm on Friday afternoons in the Lighthouse at St Nicholas'.

Thu 9th Mar	St Peter's	7.30pm	Spiritual Formation
Fri 10th Mar	St Nicholas'	2.00pm	& The Spirit-Filled Life
Thu 16th Mar	St Peter's	7.30pm	The Prayerful Life
Fri 17th Mar	St Nicholas'	2.00pm	
Thu 23rd Mar	St Peter's	7.30pm	The Word-Centred Life
Fri 24th Mar	St Nicholas'	2.00pm	
Thu 30th Mar	St Peter's	7.30pm	The Good Life
Fri 31st Mar	St Nicholas'	2.00pm	
Thu 6th Apr	St Peter's	7.30pm	The Grounded Life
Fri 7th Apr	St Nicholas'	2.00pm	

To help with planning please would you let us know if you are planning to come.

Please email Rob at rector@portisheadparish.co.uk or fill in your details below and return to the box at the back of one of the churches:

Name.....

Contact Number.....

I am planning to come (please tick)

On Thursday evenings at St Peter's

On Friday afternoons at St Nicholas'