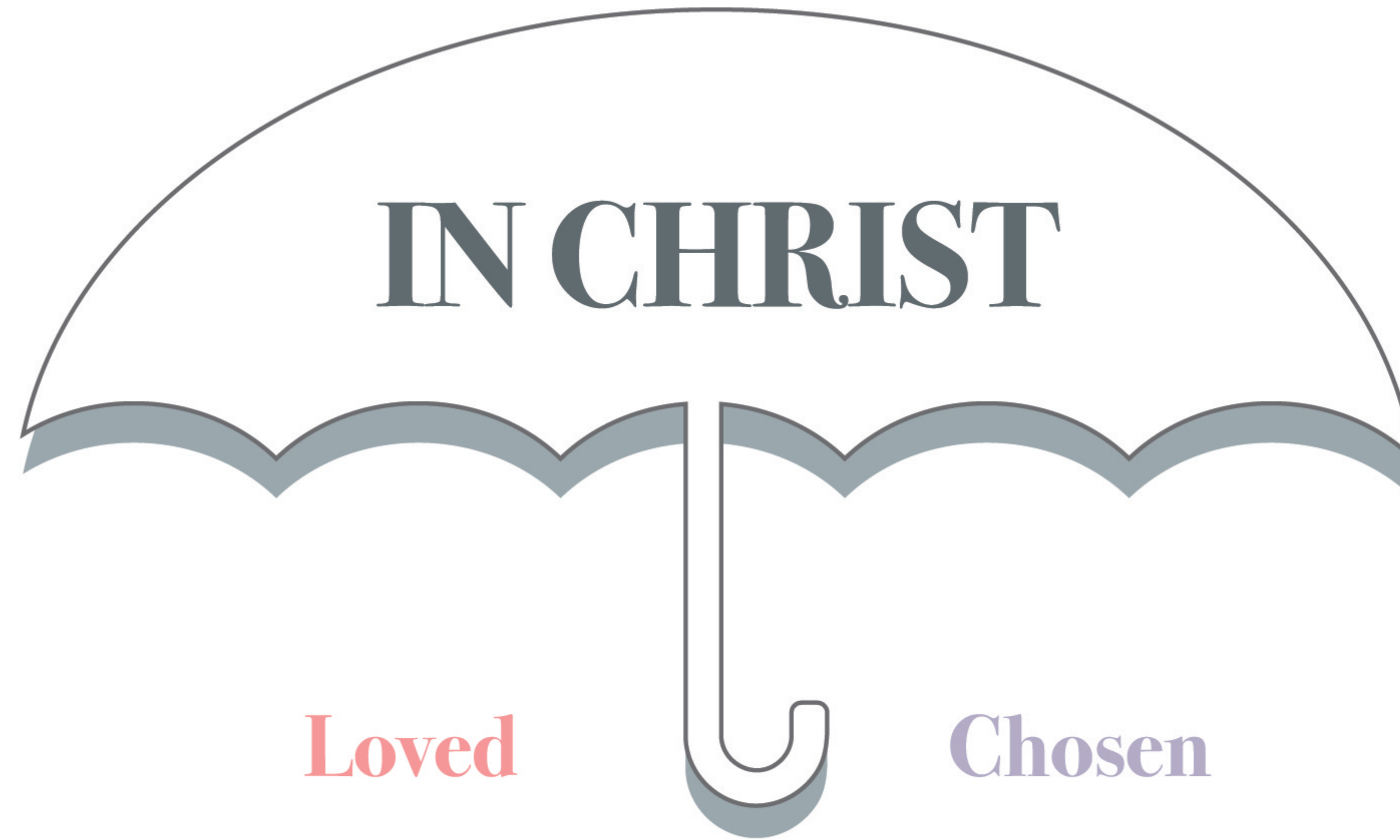


Therefore, I urge you, brothers, in view of God's mercy, to **offer your bodies as living sacrifices**, holy and pleasing to God – this is your spiritual act of worship. **Do not conform** any longer **to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is – his good, pleasing and perfect will.

Romans 12:1-2

Praise be to the God and Father of our Lord Jesus Christ, who has **blessed** us in the heavenly realms with **every spiritual blessing** in Christ. For he chose us in him before the creation of the world to be **holy** and **blameless** in his sight. In **love** he predestined us to be **adopted** as his sons through Jesus Christ, in accordance with his pleasure and will— to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have **redemption** through his blood, the **forgiveness of sins**, in accordance with the **riches of God's grace that he lavished on us** with all wisdom and understanding.

Ephesians 1:3-8



**Blessed with every  
spiritual blessing**

**Holy and Blameless  
in His sight**

**Adopted as His Children**

**Pleasing to God**

**Redeemed**

**Forgiven**

**Richly Lavished with Grace**