

THE NEW YOU IN 2022

Ephesians 4:17-24



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- *The new you in 2022 involves a new.....plan.*

HYGIENE

- **Heb 10:22; I Cor. 6:9-11; I John 1:7**
- **We need to cleanse our hands and purify our hearts-
James 4:8**

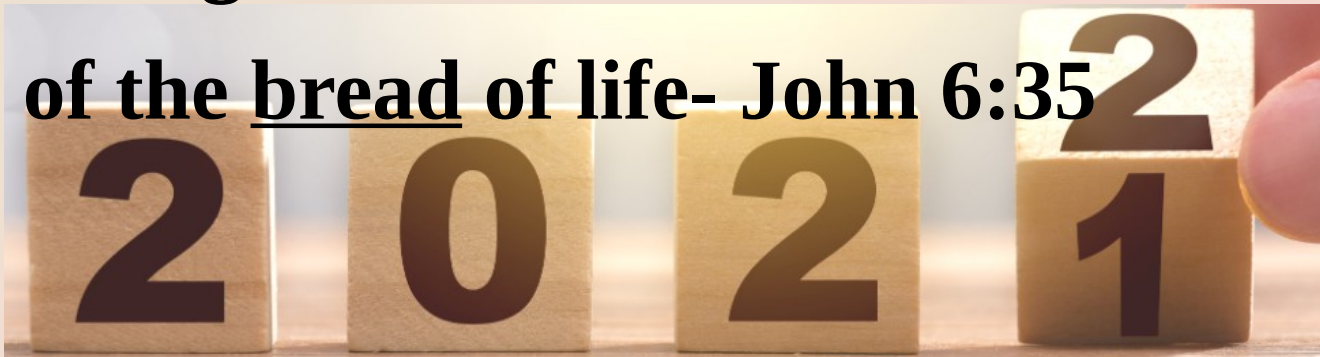


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DIET

- **Desire the milk of the word- I Peter 2:2**
- **Be full of the good fruit- James 3:17**
- **Partake of the bread of life- John 6:35**



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DIET

- **Drink the living water- John 4:10**
- **Eat the spiritual meat- I Cor. 10:3**
- **Stay away from the bread of idleness- Prov. 31:27**



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EXERCISE

- **Walk in love- Eph. 5:1**
- **Lift your drooping hands and strengthen you weak knees- Heb. 12:12**



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WARDROBE

- **Clothed in humility- I Peter 5:5**
- **Put on Christ- Rom. 13:14**

