

A rustic wooden cross is constructed from two weathered logs. The vertical post is secured to a large, dark, textured tree stump. The horizontal beam is also a log, with some dried leaves and twigs attached to it. The background is a soft-focus, misty forest with green trees under a pale sky.

Ephesians

united

by the moment

“You’ve all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You’re after one that’s gold eternally. I don’t know about you, but I’m running hard for the finish line. I’m giving it everything I’ve got. No sloppy living for me! I’m staying alert and in top condition. I’m not going to get caught napping, telling everyone else all about it and then missing out myself.”

1 Corinthians 9:24-27 (Msg)

A wooden cross is the central focus, constructed from two weathered logs. It stands on a large, dark brown tree stump with a rough, textured surface. The background is a soft-focus forest with green trees under a bright sky. The text is overlaid on the right side of the image.

Bible Reference:

Ephesians 4:25 - 5:5

The sacrifices of great Christians:

**1. Sacrifice lying for
telling the truth.**

The sacrifices of great Christians:

**2. Sacrifice
uncontrolled anger
for self-control.**

The sacrifices of great Christians:

**3. Sacrifice stealing
for useful labour.**



The sacrifices of great Christians:

**4. Sacrifice harmful
for helpful speech.**





***“The mouth of the righteous
is a fountain of life...”***

Proverbs 10:11 (ESV)

The sacrifices of great Christians:

**5. Sacrifice
bitterness for love.**



The sacrifices of great Christians:

**6. Sacrifice
unrestrained sexual
desires for a life of
thanksgiving.**

“Therefore be imitators of God, as beloved children.”

Ephesians 5:1 (ESV)