



## The Solution

The Bible says...

*“God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.” (Romans 5:8)*

Jesus (the perfect Son of God) willingly suffered and died on a cross to take the punishment we deserve on Himself (we broke God’s law and Jesus paid our fine). God then raised Him from the dead three days later and now offers forgiveness (a perfect record) and new life to everyone.

However, this is not automatic, like any gift, we must receive it.



## The Gift

If you have not received this gift then talk to God today...admit that you have offended Him by your attitudes and actions, turn away from those things that offend Him, commit yourself fully to Jesus and ask Him to forgive you, enter your life by His Spirit and help you become the person He wants you to be. Receiving forgiveness is the first step, for more information go to:

**[www.questionsoflife.com](http://www.questionsoflife.com) or  
E-mail: [info@gospel-outreach.org](mailto:info@gospel-outreach.org)**

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**3 Keys to Improve  
Your Life...**

1

## Good Nutrition

What we eat has a big effect on how we feel, our energy levels, our mood and general health.

It is recommended that we take at least 5 or more servings of fruit/vegetables daily (1 serving is a medium sized piece of fruit and 1/2 cup of vegetables) and drink plenty of water (6-8 glasses). This can be achieved by getting a basic blender, adding a good mix of fruit, vegetables and water then blending them together and drinking it each day.

2

## Regular Exercise

Regular exercise helps strengthen the heart, increases circulation, flushes out waste, improves our immune system and generally increases our energy levels and quality of life.

If you haven't exercised in a while a good brisk walk for 30 min 3x a week would be a good start. Try to mix in resistance training (use weights or body weight resistance) also.

Regular exercise will improve your life!

3

## Spiritual Life

Getting our physical bodies healthy with good nutrition and regular exercise is a great start. However, we are not just physical bodies but also spiritual beings. In order to fully experience the life we were made for we need to improve our spiritual life. The first step of our spiritual journey begins when we understand we are all cut off from the giver of spiritual life (God Himself) because we have acted in ways that offend Him (lied? stolen? hated?...). None of us have lived pure lives.

## Spiritual Life...cont

These offences against God and others are serious as God is not only loving but holy (perfect) and just. Like any good judge He cannot overlook or leave our offences unpunished.

The truth is, none of us deserve to experience the abundant spiritual life God offers to us now or go to heaven when we die. We in fact deserve hell and need help!

Fortunately, God has done something incredible for us.