



# HOW TO GET YOUR GLOW UP GOING

STEPHANIE CHASE

**YOUR WORD IS A  
LAMP TO MY FEET  
AND A LIGHT TO  
MY PATH**

PSALM 119:105



**ARE YOU AN  
ILLUMINATOR OR  
A TERMINATOR?**

HAVE YOU EVER SEEN

# FREAKY FRIDAY





# GALATIANS 5:22

But the fruit of the spirit is  
love, joy, peace, patience,  
kindness, goodness,  
faithfulness, gentleness, self-  
control; against such things  
there is no law.

# SMILE EYE CONTACT SPEAK



# DON'T TAKE THINGS PERSONALLY

Kids are going to act like kids.

Parents are going to act like parents.

Director is going to act like a director.

Women are going to act like women.

# DO THE RIGHT THING:

Lesson plans

Activities ready

Use transitions

Sing



# FOCUS ON THE GOOD

# GALATIANS 5:19-21

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.



# GALATIANS 5:17

For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

**AND THOSE WHO  
BELONG TO CHRIST  
JESUS HAVE  
CRUCIFIED THE FLESH  
WITH IT'S PASSIONS  
AND DESIRES.**

**GALATIANS 5:24**





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# T-P-P-P AND PBJ

**SAY IT  
KNOW IT  
TEACH IT**



**ARE YOU AN  
ILLUMINATOR OR  
A TERMINATOR?**