



GET READY FOR SOUL WORKOUTS IN GOD'S WORD!

FUNCTIONAL MOVEMENT

experiencing God's Word in ways that will train your mind, will and emotions for daily life functions

CREATIVE FLOW

allowing the Holy Spirit to lead you into meditative focus of a new passage each month by using an assortment of Bible Study tools and prayer prompts

STRENGTH AND LENGTH

gaining strength to lengthen your life toward eternal things

BREATH

giving the Lord time to breathe His living Word into your soul

Your mind, will and emotions will surely be transformed as you spend this time with God in His Word.

Pilates is a unique method of exercise designed to strengthen your physical core. In this study, you will use some of Pilates' unique approaches to seek God in His Word and prayer... the result... you will strengthen your spiritual core!

Each month will include:

a chosen Scripture passage, a variety of suggestions for study and meditation of that passage, weekly Scripture prayer images, and video teachings from Sharon Thomas.



SOUL PILATES IS OFFERED BY ESTABLISHED FOOTSTEPS MINISTRY

We exist to come alongside people and cheer them on to love God's Word and walk in its Truth!

www.establishedfootsteps.com