

**Your body
needs to be
cleaned
regularly.**

**It also
needs
rest
(renewal).**

**he saved us,
by the washing of
regeneration, and
renewing of
the Holy Ghost;**

Titus 3:5

Quote from the King James

**So
does
your
spirit.**

**The problem
is you can't
do it
yourself.**

**Only
Jesus
can?**

If you ask.