

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

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

**He saved us,...
through the washing
of the new birth
and the renewing
of the Holy Spirit,**

Titus 3:5

Quote from the NET Bible

**So
does
your
spirit.**

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

**Only
Jesus
can?**

If you ask.