

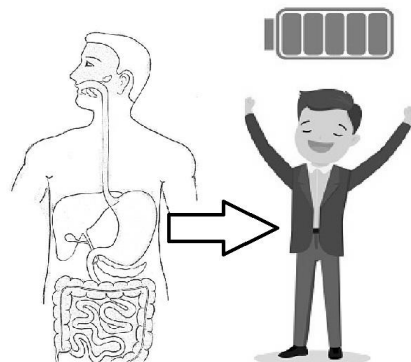
Physical Growth

I choose what goes in
my body.



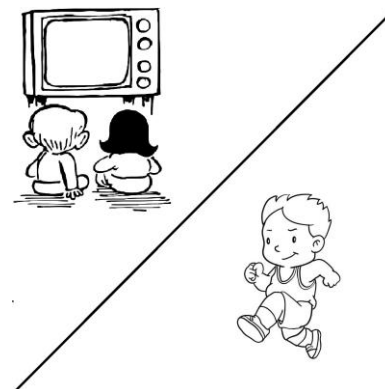
Internal

The body does the work.



Internal

I choose my actions.



External

The body does the work.



External

Spiritual Growth

I choose what goes in
my mind.



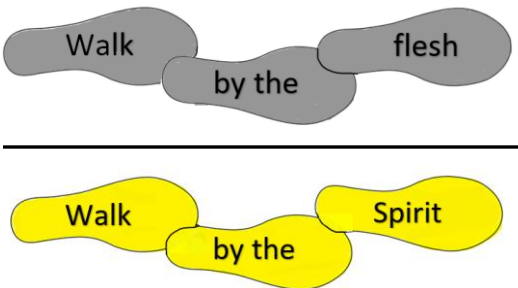
Internal

God, the Holy Spirit, does
the work.



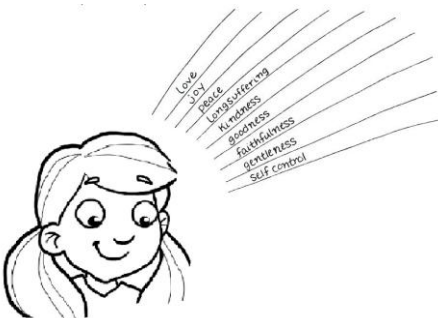
Internal

I choose my actions.



External

God, the Holy Spirit, does
the work.



External