

Exercise your Faith...

What things would you like to do?



Raking leaves burns 236 calories per hour.



Picking up trash burns 225 calories per hour.



Planting flowers burns 200 calories per hour.



Shoveling snow burns 354 calories per hour.



Offering a drink burns 80 calories per hour.

Listening to a friend burns 75 calories per hour.



Are you doing things to burn calories? Or to serve others? "For whoever gives you a cup of water to drink because of your name as followers of Christ, truly I say to you, he will not lose his reward. Mark 9:41