

Sunday, February 25, 2018 - Hope Fellowship Church
Sermon Notes, Pastor Dale Melenberg



Humanity Series: Physicality

Text: [Luke 8:43-44](#), [Luke 5:17-19](#)

Physical Prowess!

Physical Appearances?

Luke 8: 43,44

Shunned by fear

Our physicality determines our acceptance in community

Luke 5:17-19

Perfect love drives out fear

Becoming comfortable in our own skin.

Shared humanity embraces difference and we become more human!

Do not judge a book by its cover.

To Ponder:

Who do you know that lives with physical limitations or challenges? Next time you are with them, watch how people around them tend to act. Put yourself in their shoes – how would that make you feel if you were treated in that fashion? Inquire with your friend, have they noticed? How do they feel? What would they like to see happen?

Practice Your Spirituality This Week:

Discover more about your body than you ever knew in an easy, comfortable session of yoga. Both physical and reflective yoga helps to connect oneself to their bodies. Able-bodied and many limited-bodied persons can engage in this activity. Bring a yoga mat or plush towel along with you, and wear comfortable clothes. February 26, 6:45 pm in the sanctuary, Hope Fellowship Church.