

Guest Speaker: Bill McGonagle  
Sermon Title: Choose Your Nourishment  
Scripture Passage: 1 Peter 2:1-3

Notes:

1. Remove the \_\_\_\_\_ Nourishment.
2. Choose \_\_\_\_\_ Nourishment.
3. Start a Spiritual \_\_\_\_\_ Diet.
4. Our \_\_\_\_\_ Effects Our \_\_\_\_\_.