

# CROSSFIT

The 3 Gifts of Integration

Pastor Derwin L. Gray – January 21, 2018

1. The gift of slowing down. (Luke 10:38-42 CSB)
2. The gift of anchoring in God's love. (Ephesians 3:16-19, Galatians 2:20)
3. The gift of breaking free from illusions. (John 15:5)

**Soul-tattoo:** Practice the Sabbath and contemplate the 3 Gifts of Integration.

**Crossfit Resources:**

- *Emotionally Healthy Spirituality* by Pete Scazzero
- **Free Bible Commentary (New Testament):**  
[www.freebiblecommentary.org/new\\_testament\\_studies/written\\_commentaries.htm](http://www.freebiblecommentary.org/new_testament_studies/written_commentaries.htm)
- **Free Bible Commentary (Old Testament):**  
[www.freebiblecommentary.org/old\\_testament\\_studies/written\\_commentaries.htm](http://www.freebiblecommentary.org/old_testament_studies/written_commentaries.htm)