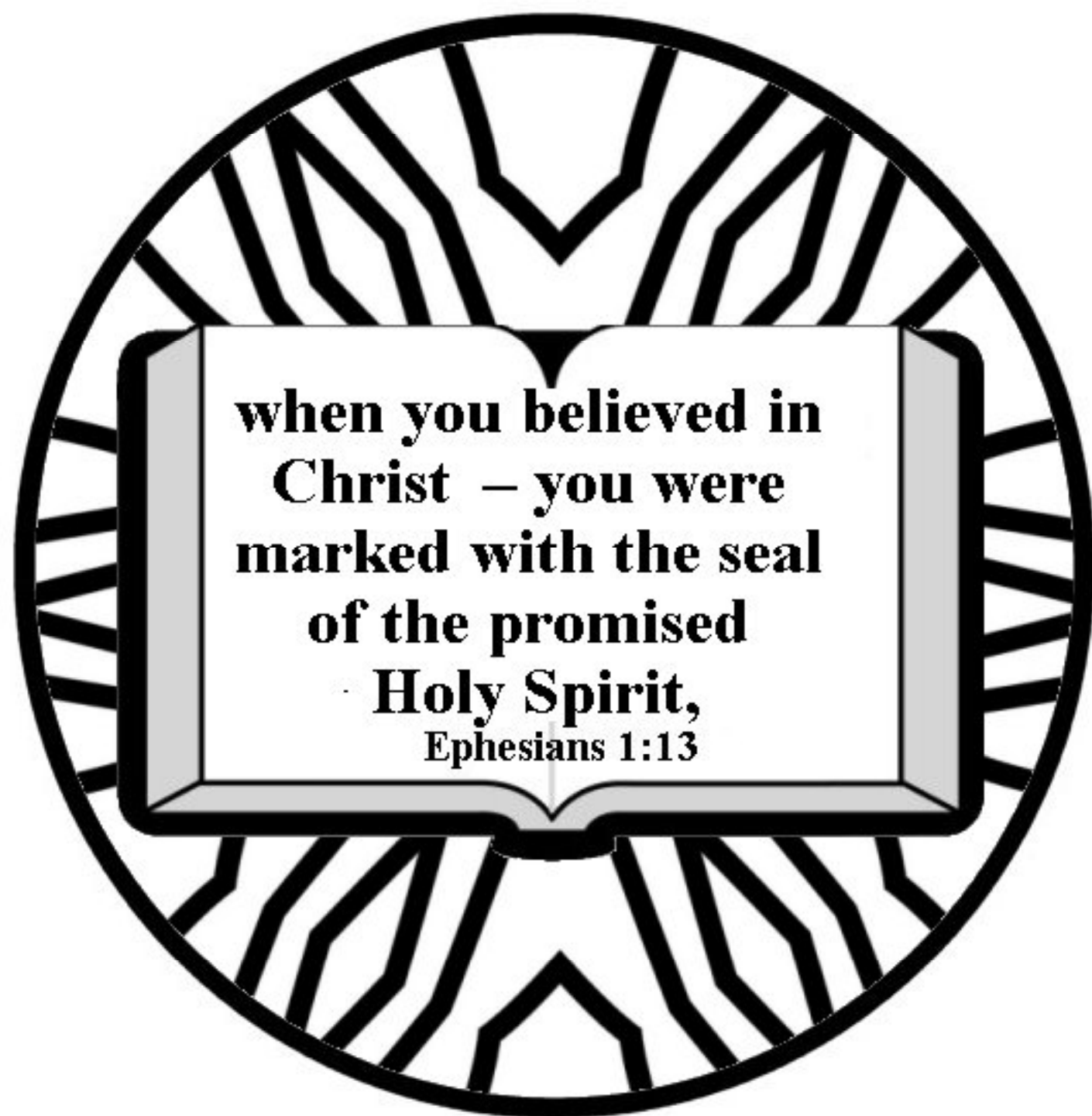


**Playing Frisbee is good practice  
for sharing God's word.**

**Aim at the heart not the head.**

**Wait till you have your friends attention.**

**Don't throw too hard.**



**when you believed in  
Christ – you were  
marked with the seal  
of the promised  
Holy Spirit,  
Ephesians 1:13**