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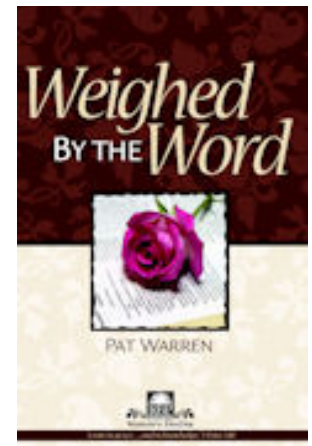
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What about a Spiritual Fitness Program for Your Body?

June 2009—Regular Baptist Press (RBP) announces the release of [*Weighed by the Word*](#) - the newest in the RBP women's study series.

With so much pressure to be body conscious, women often find themselves discouraged or dissatisfied with their physical frame. This 11-lesson Bible study offers insights into why God gave us bodies. It explores what the Bible teaches about such body issues as beauty, physical limitations, lifestyle, aging, sexuality, suffering, and even resurrection. With this study you will learn to view your physical body from God's point of view, to weigh yourself by the scale of His Word.

You will find a spiritual fitness goal in every lesson of this unique Bible study - a warm-up, a workout, and a weigh in - all regarding your body. After you've weighed yourself by the Word and applied its teaching, you'll find yourself "fit" to serve the Lord.



Pat Warren (MA, Wright State University) and her husband, Dave, have four children and eleven grandchildren. Dave and Pat have served in church ministry as pastor and wife, and currently serve as state representative and wife of for the Ohio Association of Regular Baptist Churches. Their joint ministry also includes team teaching in marriage-and-family retreats and cowriting three Bible studies published by RBP.

[*Weighed by the Word*](#)

Pat Warren

RBP5391 • ISBN 978-1-59402-992-9

11 lessons • Paper • Retail \$7.99

Request a copy of [*Weighed by the Word*](#) and review it in your publication. Please send a copy of your review to the address above.

The mission of Regular Baptist Press is to glorify God by providing church educational resources that are true to God's Word and encourage maturity in Christ. Biblical integrity and doctrinal soundness have remained our hallmarks for over 50 years. Today over 10,000 churches rely on RBP for Sunday School curriculum, Vacation Bible School, Bible studies, ministry training, books, and resources that encourage maturity in Christ.

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