

**A Healthy Body Runs Well And Avoids  
Hinderances**

**Galatians 5: 7-15**

## **Verse 7**

**Keep Running. Avoid Hinderances.**

## **Verse 8**

**Hinderances do not come from the Lord.**

## **Verse 9**

**Allowing even small Hinderances can grow  
and turn into great ones.**

## **Verse 9 Support Verses:**

**Galatians 5:24**

**Matthew 16:24**

**Ephesians 2:2**

**1 Peter 5:8**

**Ephesians 4:27**

**Hebrews 2:1**

**1 Corinthians 5:1-11**

**Judges Chapters 1&2**

## **Verse 10**

**Boldness in the Lord will protect us against  
allowing hinderances and troubles.**

**Support Verse:**

**Galatians 1:8**

## **Verse 11**

**The Cross is an offense to those who are perishing.**

## **Verse 12**

**When false teachers try to deceive and hinder the flock, God takes it personal.**

## **Verses 13 & 14**

**Brothers and Sister are called to be Free, To walk according to the Spirit, which is above the law.**

## **Verse 15**

**Jesus Prayed For A Healthy Unified Body  
(Church)**

Final Thoughts  
Support Verses:  
**Ephesians 4:1-6**