Chapter 3 – Me, Myself, and I: Body and Soul

1. Body Language
   a. Actions can speak louder than words
   b. Examples:
      i. High 5
      ii. Handshake
      iii. Hug
      iv. Kiss
      v. Slap
      vi. Middle finger
      vii. Glare
      viii. The crucifixion (“I love you THIS much.”)

2. Being FULLY Human
   a. Jesus was the “human-est” person to ever live
   b. The more we live like Jesus the more truly ourselves we will become
      i. The more truly ourselves we are the happier we will be