

Christ Loves the Sinner

A new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another. **John 13:34.** {UL 122.1}

There are those who cherish a spirit of envy and hatred against their brethren, calling it the Spirit of God. There are those who go up and down as talebearers, accusing and condemning, blackening character, inspiring hearts with maliciousness. They carry false reports to the doors of their neighbors, who, as they listen to the slander, lose the Spirit of God. Not even the messenger of God, who bears to the people His truth, is spared. {UL 122.2}

This sin is worse than the sin of Achan. Its influence is not confined to those who cherish it. It is a root of bitterness, whereby many are defiled. **God cannot bless the church till it is purged of this evil that corrupts minds and spirits, the souls of those who do not repent and change their course of action.** {UL 122.3}

He who is renewed after the Spirit of Christ will not only love God; he will love his brethren also. **Those who make mistakes are to be dealt with according to the directions given in the Word of God.** “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted” (Galatians 6:1). {UL 122.4}

Plainly and faithfully evil is to be reprov'd. **But let the one who takes up this work first be sure that he is not himself separated from Christ by evil works.** He must be able to restore the erring in the spirit of meekness. Unless he can do this, he should not attempt to correct or reprove his brethren, for he will make two evils in the place of curing one. {UL 122.5}

Let men be careful how they treat the purchase of the blood of Christ. Let them not forget the prayer offered by the Saviour just before He left His disciples for the long struggle in the Garden of Gethsemane. **Let them not forget the high estimate He has placed on human beings by purchasing them at the sacrifice of His life.** There are many who seem willing to wound and bruise the hearts of their brethren. Are they following the example Christ has left them? Where in the record of His dealing with men do they find themselves sustained in showing so little forbearance and patience in dealing with their brethren? ... {UL 122.6}

That which distinguishes Christians from worldlings is the manifestation of Christlikeness, which by its pure influence cleanses the heart from selfishness.— Manuscript 52, April 18, 1902, “Fragments.” {UL 122.7}

SONG SERVICE

"Be Thou My Vision"

Be Thou my vision, oh Lord of my heart
Naught be all else to me, save that Thou art
Thou my best thought by day or by night
Waking or sleeping, Thy presence my light

Be Thou my wisdom and Thou my true word
I ever with Thee and Thou with me, Lord
Thou my great Father, I Thy true son
Thou in me dwelling and I with Thee one

High King of Heaven my victory won
May I reach heaven's joys, oh, bright heaven's sun
Heart of my own heart whatever befall
Still be my vision, oh Ruler of all

Thou and Thou only first in my heart
High King of Heaven, my treasure Thou art

OPENING PRAYER

Heavenly Father if our character is the only thing, we take up to heaven then Lord we ask for the indwelling of your Holy Spirit. We need that great conviction and faithful trust in your written and Living Word. Yes, we know we are sinners longing and striving to be holy saints. Help us O Lord, cleanse us O Lord, we ask for grace O Lord; whatever it takes to see you face to face, that we may not sin against you, do it.

We ask in Jesus precious name, Amen.

10 Best Home Exercises to Get Rid of Flabby Arms



Flabby arms make you look older, unfit, and on top of that sleeveless clothes are just out of the question! This can affect your confidence and create a negative body image.

All said and done, how do we get rid of flabby arms? And more importantly, what causes them?

What Causes Flabby Arms?

Flabby arms are caused due to two primary reasons. One, our skin tends to lose its elasticity as we age and two, due to excess fat accumulation. Hormonal imbalance may also cause flabby arms. So, if you are aiming to look perfect with toned arms, you should get rid of those unsightly flabby arms. And the best way to achieve that is by working on your biceps and triceps. In this article, we have listed 10 best arm exercises that will help you shed the extra arm fat and build lean muscle.

Exercises for Flabby Arms

1. Triceps Dips

If you are working out at home, place your arms on a chair or bench and elevate your feet by putting a stool under them.

Steps

1. Assume the starting position by placing your arms behind your back, gripping a bench or the rack.
2. From the starting position, slowly lower yourself. Keep your body upright and your elbows, tucked close to your sides.
3. Concentrate on lowering your body only with the triceps. Ensure that your elbows are at a 90-degree angle.
4. After this, push your body back up using only your triceps. Repeat.

2. Push-Ups

Push-ups are primarily chest exercises, but they also work the triceps as a secondary muscle. They are one of the most common measures of strength.

Steps

1. Place your hands with the palms facing downward on the floor, shoulder-width apart, with a slight bend in your arms. Keep your feet together. Support your weight on your hands and toes.
2. Lower yourself until your chest is almost touching the floor. Inhale as you do this.
3. Exhale and push your body up back to the first position.
4. Steady yourself at the top and repeat.

3. **Triceps Kickbacks**

Tricep kickbacks require two light dumbbells. If you don't have any at home, you can use one-liter water bottles.

Steps

1. Hold a dumbbell in each hand.
2. While you are standing, bend your knees slightly, keeping your back straight, and bend forward slightly. Your body should be almost parallel to the floor. Keep your head up and your arms close to your sides such that there is a 90-degree angle between your forearm and upper arm.
3. Keep your shoulders locked to your sides while extending your arms back. Focus on the contraction of your triceps only.
4. Hold for two seconds and lower your arms to the starting position. Avoid swinging your arms.
5. Repeat.

4. **Triceps Extension**

Triceps extension is an amazing exercise for triceps and helps to make the triceps stronger and more toned.

Steps

1. Stand with your feet shoulder-width apart. Hold a dumbbell with both hands, with the thumbs wrapped around it for better grip. The dumbbell should be held behind your head, and your palms must face the ceiling.
2. Your upper arms should be close to your head. The elbows should be close to your eyes and perpendicular to the floor.
3. Lower your upper arms until the weight is touching the upper part of your back. Don't move your elbows. Keep them locked close to your ears.

4. Use your triceps to raise the dumbbell up with your arms fully extended over your head. Exhale as you do this.

5. Bent Over Row

To perform a bent over row, you will need a barbell. A set of dumbbells can also be used as an alternative.

Steps

1. Stand with your feet shoulder-width apart and grab a barbell with your palms facing down.
2. Bend forward and slightly bend your knees. Keep your back straight. Your torso should be parallel to the floor, and your head pointed up.
3. Keep your elbows close to your body. Breathe out, and pull the bar towards your chest, just below your ribs. Exhale as you do this.
4. At this position, squeeze your back muscles and hold.
5. Lower the bar down to the starting position, just around your knees. Repeat.

6. One-Arm Side Push-Up

The one-arm push-up is a useful exercise for targeting the triceps and getting rid of those flabby arms.

Steps

1. Lie on your side with the knees slightly bent.
2. Place your left arm on your right shoulder.
3. Push your torso up with your right arm on the floor, palm facing up.
4. Switch sides and repeat.

7. The Windmill

Rotating the upper arms and the shoulders gives your arms a thorough workout and builds strength in the upper arms, shoulders, and neck muscles. The biceps and triceps are the secondary muscles targeted.

Steps

1. Raise your arms in front of you at the shoulder level, parallel to the ground.
2. Now, raise your arms upwards and rotate them backwards and down and front again in a **360-degree** motion like the blades of a windmill.
3. Repeat this motion **20 times forward and 20 times backwards.**

8. The Wave Goodbye

The motion of waving your arms lets you twist your arms, right from your wrists to your shoulders. This means that you are stretching all your arm muscles and toning your arm.

Steps

1. Raise your arms to the shoulder level to your sides.
2. Start waving your palms as if you are waving goodbye to someone.
3. Keep your upper arms still. Move only your palms.
4. Speed up the process such that you wave about **100 times in a minute.**
Do three sets of **100 waves each.**

9. The Prayer Pose

When you join your hands together, your triceps are engaged. When you move your hands up and down, your biceps are engaged. This way, you are working out your triceps and biceps together and toning your upper arms with each repetition.

Steps

1. Join your hands in a praying pose above your head.
2. Bring your joined palms down to the front of your chest.
3. Raise your joined hands again.
4. Repeat this for **30 repetitions**.

10. Arm Stretches

When you interlock your hands, your triceps are engaged. Pulling the hands to the opposite sides creates a further stretch in the triceps, thereby toning them. This exercise for flabby arms is great for those who have hanging triceps.

Steps

1. Raise your hands above your head.
2. Hold your right wrist with your left hand and your left wrist with your right hand, thereby interlocking your hands.
3. Now, with your right hand, pull your left hand towards your right such that your left elbow falls behind your head.
4. Release the tension and take your arms back to the center without releasing your wrists.
5. With your left hand, pull your right hand towards the left such that your right elbow falls behind your head.
6. Again, release the pull and take your hands to the center. Repeat this for at least two sets of **20 repetitions each**.

CLOSING THOUGHTS

He who is renewed after the Spirit of Christ will not only love God; he will love his brethren also. **Those who make mistakes are to be dealt with according to the directions given in the Word of God.** “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such a one in the spirit of meekness; considering thyself, lest thou also be tempted” (Galatians 6:1). {UL 122.4}

