



**Body Building is for everyone**

26 What is *the outcome* then, brethren? When you assemble, *each one* has a *psalm*, has a *teaching*, has a *revelation*, has a *tongue*, has an *interpretation*. *Let all things be done for edification.*

1 Corinthians 14:26

**1 Pursue love, yet desire earnestly spiritual gifts, but especially that you may prophecy.**

**1 Corinthians 14:1–4**

2 For one who speaks in a tongue does not speak to men but to God; for no one understands, but in *his* spirit he speaks mysteries.

**1 Corinthians 14:1–4**

3 But one who prophesies  
speaks to men for:  
edification [building up] and  
exhortation [encouragement] and  
consolation [comfort]

1 Corinthians 14:1–4

4 One who speaks in a tongue edifies himself; but *one who prophesies edifies the church.*

**1 Corinthians 14:1–4**

Encourage

Build up

Comfort

No correction