"We do not loose heart, though our outer nature is fading away, because our inner nature is being renewed every day; for this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison. So we do not look to the things we can see, but to those things we cannot see, for the things we can see are all passing away, but the things we cannot see are eternal."

Now that I'm in my seventies, after spending fifty years in the building trades, involved in very heavy physical work, I can truly indentify with that word about our outer nature fading away. The after affects of those years of heavy work, especially concreting and brickwork, have left me worn out physically. But every day I praise our wonderful God for the reality of the above words, which he confirms to us again in **Rom 8:11**, *"If the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Christ Jesus from the dead will give life to your mortal bodies, through his Spirit which dwells in you."*