

One-Week Workout! Book of James: Day 7



Welcome to Day Seven of One-Week Workout! Good job—you made it to the last day! Jane and I are praying for you to continue to grow stronger spiritually and physically and to reap a harvest from your work this week. In September we are offering a six-week version of Faith & Fit with a weekly online live call. In addition you will be able to take advantage of the following:

- Everyday Fit Food Challenges, Everyday Faith Scripture Readings
- Everyday Faith Teaching Videos, Everyday Fit Physical Challenges
- Extra Fit Challenges with Coach Dan
- Extra Faith activities including Bible studies, blogs and podcasts

We look forward to seeing you in the fall. In the meantime, please continue to check in at onlybyprayer.com to access our blog, Bible studies and podcasts. We post fresh content every week. Let's go!

Bible Study:

To do the Day Seven Bible study, just click on the link!

One-Week Workout! Bible Study: Day Seven

Workout Options:

Easy 2 Mile Walking Workout

Intermediate 3 Mile Walking Workout

Advanced 4 Mile Walking Workout

Extra Challenge with Coach Dan!

Do you want a little extra challenge? Join Coach Dan of *Let's Go Fitness* for a quick workout!