

# Free One-Week Workout! by Mary Kane



Don't have time for a nine-week Bible study this summer? Join us for **One-Week Workout!** a free seven-day **Bible study and fitness activities** designed to challenge you spiritually and physically! Starting July 19th, log on to Only by Prayer , click on the **One-Week Workout!** post, do the provided **Bible study** work and a workout on the post page, or an exercise routine of your own. You are on your way to greater physical and spiritual health. ***If you missed the start date you may easily join in at any time!***



Coming this August we are offering a second round of our in-depth **Faith & Fit** Bible study! **Let's go!**