



The 40 day Spiritual Workout will help you establish a life of daily prayer!



Powerful Scripture Reflections



Inspirational Quotes from the Saints



Insightful Explanations on how to pray

Join the thousands of teenagers who have been blessed by the Spiritual Workout & grow stronger in your love for Jesus Christ!

Get your workout via email at the time you want them!

<http://40days.steubenville.org>



The 40 Day Spiritual Workout is Designed by Bob Rice

