



# A 40-Day Spiritual Workout for Catholics

*Bob Rice*

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## **A 40-Day Spiritual Workout for Catholics** Bob Rice

Are you ready to get your faith in shape? *A 40-Day Spiritual Workout for Catholics* is designed to bring about deeper transformation and conversion in your life. Rice challenges his readers to spend forty days developing a habit that will last a lifetime.

Each of the forty days includes a Scripture quote, a quote from a saint or the *Catechism of the Catholic Church*, a short reflection, thought-provoking questions, and a prayer. Your spiritual workout borrows concepts from physical training, including stretch, cardio, muscle-building, hydration, fat-burning, and cool down.

Rice talks about the importance of prayer for a Christian: Prayer isn't an option for Christians. It's what we do. Imagine meeting someone who says he is a runner but he doesn't like to run. Or a swimmer who doesn't ever go into the water. You'd tell them they aren't who they say they are. Runners run. Swimmers swim. Christians pray. Are you ready to work out? Are you ready to get to know Jesus? Think of Bob Rice as your personal trainer for the next forty days as you grow closer to Christ and strengthen your spiritual muscles.

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A 40-Day Spiritual Workout for Catholics can be one of your beginner books that are good idea. Many of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into satisfaction arrangement in writing A 40-Day Spiritual Workout for Catholics nevertheless doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be one of it. This great information can drawn you into brand new stage of crucial contemplating.

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The book untitled A 40-Day Spiritual Workout for Catholics contain a lot of information on it. The writer explains the woman idea with easy way. The language is very easy to understand all the people, so do not worry, you can easy to read that. The book was compiled by famous author. The author provides you in the new time of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice study.

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