

## THURSDAY 130124 (REST DAY)

"Where no oxen [are], the trough [is] clean; But much increase [comes] by the strength of an ox."

NKJV

Proverbs 14:4



How do you feel after 5 Rounds of Fran?

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17