

## 130313 WEDNESDAY (REST DAY)

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

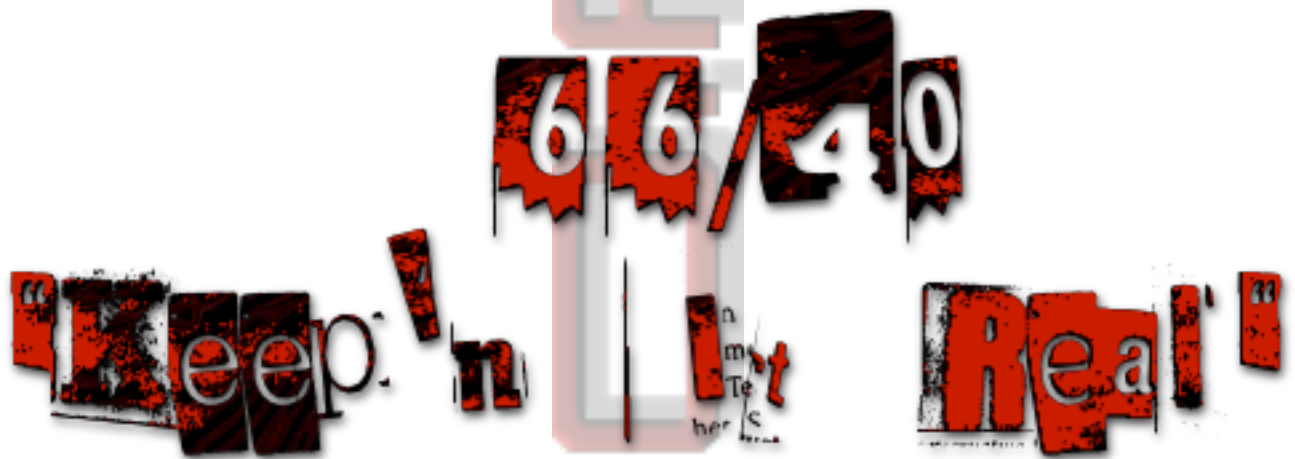
NKJV

Proverbs 14:4

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



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