Without Me, you can do NOTHING!
(John 15:5)

With God, NOTHING is impossible!
(Mark 10:27)

EXERCISE or PERISH
Unless you shall do penance, you shall all likewise perish.
(Luke 13:3)

DO ALL WITH CHARITY
If I can move mountains and have not charity, I am nothing
(1 Corinthians 13:2)

DO ALL FOR GOD
Whether you eat or drink, or whatsoever else you do, do all to the glory of God
(1 Corinthians 10:31)
REMEMBER!
SPIRITUAL GYM  devotiontoourlady.com
GREATEST SINNERS CAN AND SHOULD BE AMONG THE GREATEST SAINTS

REMEMBER!
SPIRITUAL GYM  devotiontoourlady.com
PRAY ALL THE TIME
We ought always to pray and not to faint ... Pray without ceasing
(Luke 18:1; 1 Thessalonians 5:17)

REMEMBER!
SPIRITUAL GYM  devotiontoourlady.com
YOU GET WHAT YOU PUT IN
For what things a man shall sow, those also shall he reap
(Galatians 6:8)

REMEMBER!
SPIRITUAL GYM  devotiontoourlady.com
DON'T WASTE TIME
God hath given him place for penance, and he abuseth it unto pride
(Job 24:23)