



Sunday: 7 & 10:30 a.m. • Daily: 6:15 & 10 a.m.

### *Devotional Aerobics*

Sounds like a silly idea. Devotional exercise? Really? Just read some Bible and pray about the things that God lays on your heart. Who needs exercise to improve on that? It's already hard enough to squeeze out a few minutes a day for devotions. Take 5 more minutes to tone up your spiritual muscles and elevate your heart rate — probably not.

The fact is we've become spiritually flabby with our private devotions. We *need* devotional aerobics. We must strengthen our spiritual muscles and put oxygen in our spiritual lungs. We need a fitness program — a devotional fitness program!

Through centuries of Christian experience, times of trial and triumph, individuals have noted how God's Word applied to their needs. Instance by instance related Scripture passages and prayer concerns, applying Scripture to life, were identified. These came together as Morning Prayer.

The radio devotional, Morning Prayer, draws on this rich heritage. Its essence is the Scripture Lessons and prayer that asks God's help in biblical life application. Calisthenics for our spiritual life – devotional aerobics. Join us for aerobic Scripture Lessons and prayer. Pump up your devotions!

 *Light for Life ... WJSA*  
96.3 FM • 1600 AM • 100.5 FM



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