



# A Virtuous Life

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MONDAY

"Pressing Toward the Mark"

What are some things that have robbed you of joy or left you unsettled? Would Paul's advice have made a difference?

WEDNESDAY

"Moses Lifts His Hands"

Can you think of a time when others have supported you in prayer? Is there someone you can fervently pray for today?

FRIDAY

"Not My Will But Thine Be Done"

What words did Jesus pray three times?  
What can you learn from it?

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