

Strong & Lovely

Devotional Collection

JULIA BETTENCOURT

All Scripture quotations are from the King James Bible.

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INTRODUCTION

We all have to work on ourselves. Life is a process and it requires work to improve upon it. As we age, we get wrinkles, we gain weight, our eyesight fails, and other things.

As women, our bodies go through some tremendous changes and we have to learn to deal with and manage those changes. We have to find a routine to maintain a balanced healthy lifestyle.

When it comes to being a Christian woman, we need help as we age with our spirituality too. We have to improve upon ourselves spiritually and in our relationship with Christ or we are going to slide downhill fast. We have to work at that just like we do our physical bodies.

I trust that the devotionals in this collection will help you little by little to work on those areas that need tweaked. We all have room for improvement to become strong, fit, and healthy lovely ladies in Christ.