



Muscular Faith: How to Strengthen Your Heart, Soul, and Mind for the Only Challenge That Matters

Ben Patterson

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The journey of faith can be risky and overwhelming. Yet we join up, knowing that with the challenge comes excitement, the sense of being fully alive, and the extremity of living a life completely sold out to Jesus. And our goal is to become spiritually strong enough to stand till the end. Author and teacher Ben Patterson calls you to develop *muscular faith*?the faith of a Jesus follower whose heart, soul, mind, and time are committed to a cause of supreme worth. Through biblical insight and wisdom, you'll be equipped for the only fight that matters?doing the work of God against the snares and temptations of this world. You'll build up your spiritual muscles on the hard road to glory . . . and become stronger than you ever knew you could be.

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Barbara Hall:

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