

Powerful New Release

Don't Just Try... Train!

Matthew Kelly

If you wanted to run a marathon, how would you go about it? You could go out and start the race, but what are the chances you would finish? It wouldn't matter how hard you tried... You would most likely fail. A running coach would say to you, "Don't just try... Train! Run one mile a day for a week, then two, then three... Six months from now, you'll be ready to run a marathon." Sometimes in a moment of inspiration we resolve to run a spiritual marathon. We go out and try our hardest, but we fail and become discouraged. At these moments, God wants to say, "Your efforts were noble, but there is something missing." *Don't just try... Train.*

As human beings, we are capable of almost anything we approach with the "little-by-little" attitude. In this audio program, Matthew Kelly emphasizes the importance of spiritual training and places it in the context of our everyday lives.

Inspiring yet practical, Kelly offers a life-changing message and a valuable training partner for life's spiritual marathon. Encouraging young and old to adopt a program of spiritual discipline, he insists that if we want our future to be different from our past, we must change our habits.



"An excellent recording... Well worth your time listening to it... Good basic spirituality!"

M. Hays



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