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### Spiritual Discipline

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

~ Matthew 11:28-30

Join Rev. Luke Choi as he helps us to see how training ourselves in godliness holds promise for the present life and for the life to come, and why we should discipline ourselves spiritually.

