

DAY 01

QUIET TIME

PRESS ON

Life feels like a roller coaster. Some days can be so great and exciting while other days can take such a down turn that you forget about the good and what is ahead.

Sometimes its overwhelming, frustrating, discouraging. Can you relate? When life starts to feel this way, your response may be to give up or give in.

HOW HAS LIFE BEEN HARD FOR YOU LATELY?

HAVE YOU EVER FELT LIKE YOU ARE THE ONLY ONE...

WHO HAS FAILED?

WHO STRUGGLES WITH SIN?

WHO ISN'T ENOUGH?

WHO _____?

Everyone came here carrying some kind of burden. Not all loads are as heavy as others, but you each walked on campus with some kind of worry, fear, or insecurity.

YOU ARE NOT ALONE.

When you want to give up, there is someone telling you to keep going, to keep moving, this too will pass. These are all variations of saying **PRESS ON**.

PRESS ON:

to continue doing something in a determined way; to hurry forward

WHO IS SOMEONE IN YOUR LIFE THAT HAS ENCOURAGED YOU TO PRESS ON?

Life is hard. While our time together won't take away the trials, storms, and hardships of life, it will equip you to **PRESS ON** through them. During this study, you are in good company—between Paul, our Biblical teacher, the adult leaders, and other students.

The Apostle Paul is considered one of the most obedient believers to have lived for Jesus. Though he is viewed this way, Paul knew that he would never have it all figured out.

DO YOU THINK A REASON YOU STRUGGLE IS BECAUSE YOU DON'T HAVE IT ALL FIGURED OUT?

WHY DO YOU THINK YOU NEED TO HAVE IT ALL FIGURED OUT?

Paul went through many trials and experienced many hardships for the cause of Christ, but he knew and believed that Jesus died for him. And in turn, he was going to live for Jesus. He was going to **PRESS ON**.

In this study you will look at part of a letter that Paul wrote to the Philippian church reminding them to keep moving forward.

Read the theme verses for this week in **Philippians 3:12-14** (page 5).

WHAT GOAL ARE YOU RUNNING TOWARD? HAVE YOU REACHED IT YET?



The Christian life is a process of pursuing Christ's likeness.

John MacArthur



IS YOUR LIFE A PROCESS OF PURSUING CHRIST'S LIKENESS?

SPEND TIME REFLECTING ON THE DAYS AHEAD.

Why do you think you are here?

What do you think God has for you?

Are you ready to **PRESS ON**?