

Week 16: Victory at All Costs

“You ask, what is our aim? I can answer that in one word. It’s victory, victory at all costs, victory in spite of all terror. Victory however long and hard the road may be; for without victory there is no survival” – Winston Churchill

When Winston Churchill was being inaugurated to the House of Commons in 1940, he gave the above speech. He entered this governmental body at the most pivotal point in the country’s history. They were facing the German regime, and it had seemed at the time that they were absolutely unstoppable, alongside the Italians. It had seemed that all the momentum was against the Allied powers, who also did not have the United States. Europe seemed to be absolutely doomed. Yet, Churchill understood what needed to be done. He needed to win the war for his allies. He had to lead an entire force against his enemies. He was not scared.

Fast forward four & a half years, and the allies won the war in what seemed like an impossible feat. History remembers the outcome. What we often forget (and none of us lived during that time) is the sheer fear and exhaustion when that ‘victory’ felt abstract and distant.

But this devotion is not about wars abroad. It is about the battles that we fight from within.

Mental health rarely arrives overnight in a blistering attack. In fact, most times it comes like a slow advancing army that slowly but surely takes pieces of territory within us. Slow. Persistent. Relentless. Anxiety slowly tightens its grip. Depression drains any meaningful momentum that

we see in our lives. Oftentimes, the most exhausting part is not the actual pain itself, but the feeling that all the momentum is against you.

‘Victory at all costs’ has a special meaning in the context of mental health. It does not mean burning yourself out. It does not mean pretending you are strong when you are actually weak. It does not mean forcing a smile on your face all day, every day. It does not mean silencing the pain that is slowly taking over your life.

Victory means something quieter.

It means staying right where you are when the world is telling you to disappear in the shadows. It means asking for help when your pride tells you that you can figure it out on your own.

Take one step at a time – even when the road ahead of you feels like an endless uphill battle. Begin to take the time to embrace and choose life even when the pressures of the world make it easy to go numb.

Victory is not the absence of fear. Fear is ingrained in our lives. Churchill had fear. The Allied Powers had plenty of fear for six straight years. We have all had fear at some point in our lives.

Victory is refusing to let fear make the final choices in our lives.

Endurance won the war, not relief.

GOD BLESS LOVE YOU ALL – TY