

PRESS ON

WITH A HOPEFUL HEART

I press on toward the goal
to win the prize for which God
has called me heavenward in Christ Jesus.
Philippians 3:14

Having clear goals allows us to work toward those goals with joy and a hopeful heart.

To make life count

1 Corinthians 9:26-27 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷ No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

To win as many as possible

1 Corinthians 9:22 To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some. (NIV)

To hear “Well done!”

Matthew 25:21 “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” (NIV)

To grow

2 Peter 1:5-8 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; ⁶ and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; ⁷ and to godliness, mutual affection; and to mutual affection, love. ⁸ For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. (NIV)

To spend and expend myself

2 Corinthians 12:15b So I will very gladly spend for you everything I have and expend myself as well.

Focusing on our goals allows us to have the energy to pursue our goals without spending it somewhere else.

Don’t take on things that detract from goal.

2 Timothy 2:4 No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer. (NIV)

Take some time off. Save your energy for the goal. Don't fill up every minute.

Exodus 20:10-11 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. (NIV)

Embracing the good in the journey helps us be encouraged as we run hard.

Romans 14:17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit. (NIV)

Mark 10:29-31 “Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel ³⁰ will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life. (NIV)

Realizing the race is coming to an end helps us run with courage and stamina as we race to the finish line.

Matthew 19:21 Jesus answered, “If you want to be perfect, go, sell your possessions and give to the poor, and you will have treasure in heaven. Then come, follow me.” (NIV)

1 Corinthians 2:8-9 None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. ⁹ However, as it is written: “What no eye has seen, what no ear has heard, and what no human mind has conceived”—the things God has prepared for those who love him. (NIV)

Hebrews 12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (NIV)