

## Press On

In this episode, we discuss how discouragement, depression and weariness can take their toll on us in our health and wellness journey, and in life in general, but there is hope in Christ! There are answers and instructions in the Word, and when applied we can walk in victory!

Press On – to persist steadfastly in pursuit of an undertaking, task, journey or goal

synonyms – persevere, persist, be determined, continue, endure

We always use a lot of Scripture and have consolidated it for you here.

Philippians 3:12-16 I don't mean to say that I have already achieved these things or that I have already reached perfection. But I **press on** to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I **press on** to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. But we must hold on to the progress we have already made.

2 Timothy 4:7 I have fought the good fight, I have finished the race, I have kept the faith.

James 1:12 – God blesses those who patiently **endure** testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

Isaiah 40:28-31 Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding. He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Joshua 1:9 – This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

James 1:25 25 But the one who looks into the perfect law, the law of liberty, and **perseveres**, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

Hebrews 12:1-2 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us **run with endurance** the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him **endured** the cross, despising the shame, and is seated at the right hand of the throne of God.

Galatians 6:9 9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up

Isaiah 55:11 so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Matthew 5:25-34 And there was a woman who had had a discharge of blood for twelve years, and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse. She had heard the reports about Jesus and came up behind him in the crowd and touched his garment. For she said, "If I touch even his garments, I will be made well." And immediately the flow of blood dried up, and she felt in her body that she was healed of her disease. And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd and said, "Who touched my garments?" And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" And he looked around to see who had done it. But the woman, knowing what had happened to her, came in fear and trembling and fell down before him and told him the whole truth. And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

Hebrews 10:35-36 Therefore do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God you may receive what is promised.

Mark 2:1-5 When he entered Capernaum again after some days, it was reported that he was at home. So many people gathered together that there was no more room, not even in the doorway, and he was speaking the word to them. They came to him bringing a paralytic, carried by four of them. Since they were not able to bring him to Jesus because of the crowd, they removed the roof above him, and after digging through it, they lowered the mat on which the paralytic was lying. Seeing their faith, Jesus told the paralytic, "Son, your sins are forgiven."