

Keep Going

By Minister Julia Mitchner

I Corinthians 9:24 (NIV)

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Two weeks ago, my daughter, who is an avid runner, was entering her first race since the pandemic. She put an app on my phone so that I could not only track her progress on a map of the route but I could also send her encouraging messages along the way like “You can do it! You go girl! Keep Going! And finish it!” She could hear these words in her earpiece and she says they helped her keep going especially when she hit what runners call ‘The Wall’-that place when your legs are so tired you feel like you cannot go another step but you know you must finish. Brothers and sisters, in this Christian race, we sometimes feel like we have hit The Wall! Satan would love nothing better than to stop you from moving forward. He puts stumbling blocks in your way. Stumbling blocks called FEAR, Lack of Confidence, Financial Hardship, Relationship Issues- All distractions to keep you from completing your God-given assignment. But, whatever your distraction, don’t let it stop you! Be determined to **Keep Going!** Be determined to win the prize- a well done- from God. As Christians we need to encourage one another. This Christian journey is hard and when we see a brother or sister having a hard time or seemingly down, we should pray for and with them to encourage them to keep going! And, also remember that as nice as it is to hear it from others David, in the Bible found out, sometimes you must encourage yourself- sing your favorite praise song, pray, recite your favorite scripture, call your prayer partner. Do whatever you have to do to get you to crash through that wall and keep going. I’m encouraging you this morning and every morning to wake up **saying**, I am in this race and I am not quitting because **I CAN** do all things through Christ who gives me strength. And **DO** what ever you have to do to defeat that stumbling block; whether crawling around it, climbing over it, crashing through it or standing up to it. Just **don’t quit-Keep going!** Have a victorious Day!