Catching K a	ayla
	Forgetting what is behind. Press on

Philippians 3

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind

Philippians 3

and straining toward what is ahead, ¹⁴I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Catching K	ayla
1	
	Forgetting what is behind. Press on

Philippians 3
and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Pressing On	
Five points to ponder about pressing on	

Pressing On	
1. Pain is part of the process.	
-	
Romans 5	
3but we also glory in our	
sufferings, because we know that suffering produces	
perseverance; ⁴ perseverance, character; and character, hope.	
Pressing On	
 Pain is part of the process. Practice faith. 	
The second second	

2 Corinthians 5:7	
for we walk by faith, no	ot by sight.

Pr	essing On
2.	Pain is part of the process. Practice faith. Pace yourself.

Hebrews 12

¹...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.

Pressing On...

- 1. Pain is part of the process.
- 2. Practice faith.
- 3. Pace yourself.
- 4. Push past the failures.

Isaiah 40:31

But those who hope in the LORD will renew their strength.

They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Pressing On...

- 1. Pain is part of the process.
- 2. Practice faith.
- 3. Pace yourself.
- 4. Push past the failures.
- 5. God's Presence is promised.

Deuteronomy 31:6
Be strong and courageous. Do not be afraid or terrified because of
them, for the LORD your God goes with you; he will never leave you nor forsake you.