

# Pressing Forward When Life Pushes Back

## Weekly Take-Home Guides

These short guides are designed to help you keep practicing what you heard on Sunday, even when life gets busy (and it will). Choose one or two steps each week — this is about progress, not perfection.

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### Week 1 — When You're Exhausted and Running on Empty

**Scripture: Isaiah 40:28–31**

#### This Week's Focus

Let God, not just willpower, be your source of strength.

#### Try This

- **Schedule a daily pause.** Set a 5-minute alarm once a day to stop, breathe, and pray: “God, I need your strength right now.”
- **Name your tired.** Write down what is draining you most — work, family, health, finances, or emotions.
- **Ask for help.** Choose one small task you can share with someone else instead of carrying it alone.
- **Replace one scroll with rest.** Swap one social media session for quiet, music, or a short walk.

#### Reflection Question

Where have I been trying to push through without stopping to receive strength?

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#### A Simple Daily Prayer

God, life is pushing back and I'm tired. Give me strength for today, hope for tomorrow, and courage to keep going. Amen.

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