

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.

Week 3 — When You've Tried Everything

Scripture: Mark 5:21–43

This Week's Focus

Even when options feel gone, reaching out can open new possibilities.

Try This

- **Bring your bold prayer.** Ask God directly for what you most need right now.
- **Interrupt your routine.** Do something different that supports your health or peace.
- **Ask for support.** Let someone know you're struggling instead of pushing through alone.
- **Notice small hope.** Write down any sign of movement, no matter how small.

Reflection Question

What would it look like for me to reach out instead of giving up?

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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