

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 4 — When the Hard Season Won't End

Scripture: Romans 5:1–5

This Week's Focus

Hope can grow even while life is still hard.

Try This

- **Track your resilience.** Write down one way you handled something better than before.
- **Practice gratitude.** List three small good things each day.
- **Build one healthy habit.** Sleep, movement, water, or quiet time — just one.
- **Speak hope aloud.** Say, “This is hard, but it is not the end of my story.”

Reflection Question

How might this season be shaping strength in me, even if I don't see it yet?

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.
