

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 5 —When You Feel Too Weak to Keep Going

Scripture: 2 Corinthians 4:7–18

This Week's Focus

Your weakness does not disqualify you from God's strength.

Try This

- **Name your limits.** Admit where you feel fragile instead of pretending you're fine.
- **Release perfection.** Choose progress over doing everything right.
- **Accept encouragement.** When someone offers help or kindness, receive it.
- **Focus on what lasts.** Write down what matters most and let small things go.

Reflection Question

Where might God's strength be showing up in ways I've overlooked?

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.
