



Endurance/Faithfulness. Sometimes things happen in our lives that are so distracting we forget to keep walking the path set before us to reach the goal.

Is something distracting you from following God right now?
Have you lost sight of a goal?
Are you not being truthful with yourself or others?
Have you become weary and over tired?

Here are some thoughts to get you moving again!

1. **Scripture and Prayer** work as a compass and telephone. Read the Bible often enough for it to be a useful guide. Talk to, and listen to, God. Practice makes almost perfect.
2. **The truth** of who God is and who you are provides courage. Remind yourself every day.
3. **Community** of people to hold you accountable and help you. Open up to a safe person.
4. **Right life rhythm of worship, work and rest.** *Worship* puts God in his rightful place. *Work* is what you were created to do. *Rest* because you require time to recharge and heal. On a Scale of 1-10 how are you at worship? Work? Rest? How can you move one step closer to a 10? Don't try to jump from 3-10, but from 3 to 4. You can do it!

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9