

HELEN SANDERS

10-8-2021

THE PRESS

As I was contemplating what to write today, the Lord impressed upon me that many are tired and battle weary. He showed me that just like a relay race, many have started out, but have not given themselves a pace to make it to the finish line. Many have sprinted in the middle of the race when they should have just kept a steady pace until the finish line was in sight, then they should have pressed in.

Any athlete competing knows that you do not give your all in the beginning and middle of the race. You save your best for the final lap. Then you use all your endurance to press in and push harder than ever. That is the way it is in the natural world of sports, but it also applies to the spiritual.

Paul tells us in Philippians 3:14 he said, ***“I press toward the mark for the prize of the high calling of God in Christ Jesus.”*** He knew that his race was about over, and he was giving it his all. To press means to suffer, or to pursue. He knew the price he would pay for spreading the gospel would bring suffering because Jesus told this to him at the beginning of his walk with Christ. He knew there would be difficult times, but he was determined to “press” in to finish his race.

Now if you are the one that is tired, step back a little. Rest and refresh yourself and then set a pace you can run with until that final lap. Whatever part of the race you are in, you must pace yourself for the “final lap” then you are to “press in” to win the prize! You can do this!