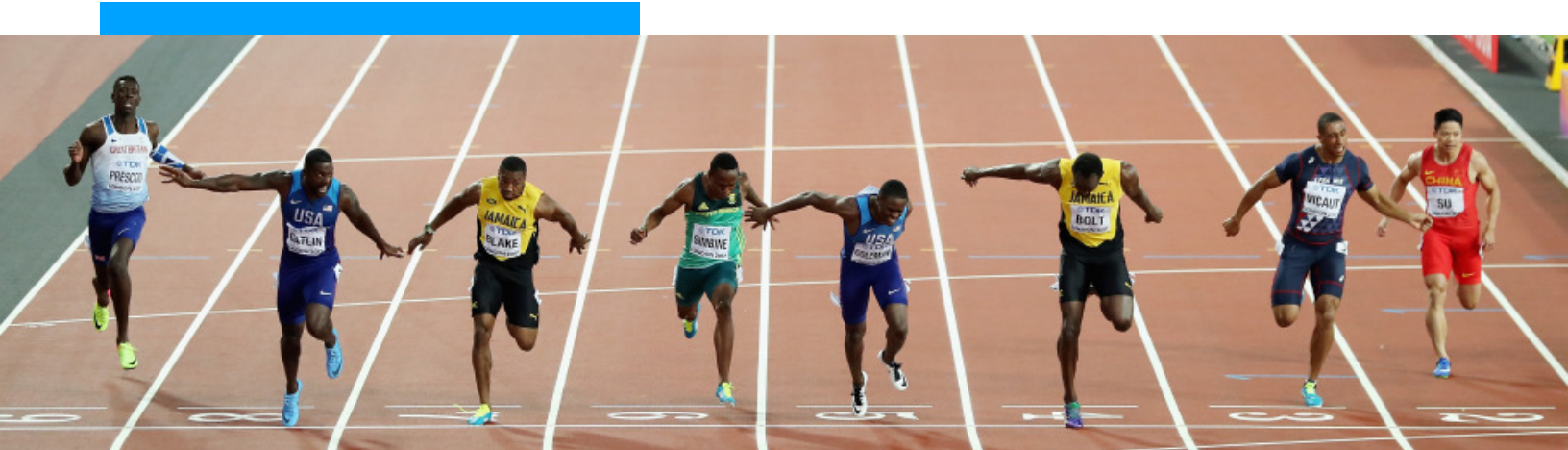


# PRESS ON

## *Encouragement of the Day*



*We sincerely hope this Encouragement of the Day is an uplifting voice & connects with you.*

*- TRANQUILITY HOSPICE CARE -*

**H**e had already run 3 ½ laps of the 4 lap race. Soon the race would be over and he'd be able to rest, drink some water and sit down. But right now his lungs were aching for more air. His face was flowing sweat into his eyes. His arms were pumping as fast as he could make them go and his legs were reaching out to hit the next step of the track. All his mind was thinking was one thing: Keep going!

Rounding the final curve, he looked ahead through eyes blurred by sweat, and saw the finish line and tape that marked it. He was lead of the pack of runners, and as he broke the tape, he was filled with joy! The training, the discipline, the straining of every muscle in his body was worth it. He had won the race.

That was my final mile long race in high school. I often remember that season, and think of the many lessons I learned that have followed me throughout all my life. One of the human authors of the Bible put it this way: "One thing I do, forgetting those things which are behind (failures and successes) and reaching forward to those things which are ahead, I PRESS TOWARD THE GOAL for the prize of the upward call of God in Christ Jesus."

On October 29, 1941, Winston Churchill was speaking at Harrow School during a dark time in World War II. He told his audience, "You cannot tell from appearances how things will go. Sometimes imagination makes things out far worse than they are; yet without imagination not much can be done.... This is the lesson: never give in, never give in, never, never, never, never in nothing, great or small, large or petty, never give in except to convictions of honor and good sense."

My friend, no matter how you feel in the morning- get up, dress up, show up, and never give up. Remember, being challenged in life is inevitable, but being defeated is optional. You see, the world and even our own human nature whispers, "Give up!" But hope says, "Try one more time. You can do it."

Whatever life puts in your path, keep looking ahead. Draw upon the strength and love of a Higher Being; Mother Nature; Family; Friends; or yourself, and you will have the motivation to press on, to be encouraged and to remember the inspiring words of Winston Churchill, "Never, never, never, never... give in." You are an overcomer.