

SEPTEMBER 24, 2019

Journey Enews

Things to Know:

Tuesday Night Men's Group will resume Tuesday, September 24th @ the Burley Market & Cafe in Cynthiana at 5 PM

J-Groups are currently meeting in homes! If you want more information, contact Bobby or Bryan!

Join us this weekend as we begin a new series called "Love & Hate"

Journey Community Christian Church
Service Times:
Saturday @ 6 PM
Sunday @ 10:30 AM

Journey Church
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Find us on Social Media!

Best Advice

Lots of popular college and NFL football teams lost this past weekend. Both of my favorite teams lost, and I can imagine some of yours did also. I wonder what coaches will do this week on the practice field and in locker rooms to get players motivated after such disappointment. Even fans can struggle with losing interest after a big let down.

Setbacks are a normal part of life. Potty training comes with accidents and missed field goals are part of almost every game. It's what we do after a big loss that will determine how our season ends. If you are feeling a little bummed out this Tuesday, welcome to Life 101.



Unwelcome things that come our way and then get labeled as setbacks are just part of the human experience. When this happens we all need to surround ourselves with positive people who can help us get back up off the mat. Life coaches, therapists, pastors, parents, mentors and loyal friends can be vital to our recovery when negative thoughts linger too long.

Earlier today, while on the treadmill, I was listening to a TV interview of two very successful businesswomen and authors. They also happen to be identical twins whose family immigrated to America in pursuit of a better life. Both ladies were inspiring and conveyed the idea that success takes hard work. If you are interested in checking out more of their story, check out their book "Double Down: Bet on yourself and succeed on your terms."

In ministry I meet people every day who are dealing with personal set backs and being let down by those around them. I always try to be encouraging and say things that will restore hope, affirming that their dreams for life are not over. If I were to ask you about the last five people in your text message history, would these people be characterized as positive and inspiring? If not, here is my best advice: it may be helpful to consider lending an ear to an author, speaker or podcaster who is motivational and believes in the long-term value of hard work. Maybe an inspiring family member, friend, coach, teacher, or minister is all you need to take the next step forward.

Whatever you may decide, never give up trying to do hard things. It's truly not over; your best days are still in front of you. Because of God's love for people like us it is never too late. Trust God more, believe God more, and follow God more. He has good plans for your life. Never stop dreaming of bigger and better things (Jeremiah 29:11).

If your team lost last weekend like mine did, don't despair; the next weekend kicks off in just a few days. Practice hard, play better. Thomas Edison didn't invent the light bulb on his first trip to the lab. Abraham Lincoln wasn't elected to any office his first time on the ballot. Nobody landed on the moon because it was easy.

You got this. No short cuts. No excuses. Do hard stuff. That's my best advice.

Moving Forward.
God is Good.

Bobby D.