

Carry On, Press On

Shofar Church, Tableview
Sunday 6 July 2025
Shared by Nick Roche



The world we live in

- We are living in a difficult world with long seasons of challenge.
- We live in a corrupted world, remarkably like the prophecies.

2 Timothy 3

- Christian values are cast aside and mocked.
- We're fed negativity and corrupt messages for breakfast, lunch and dinner.





Where do we see uphill in the Bible?

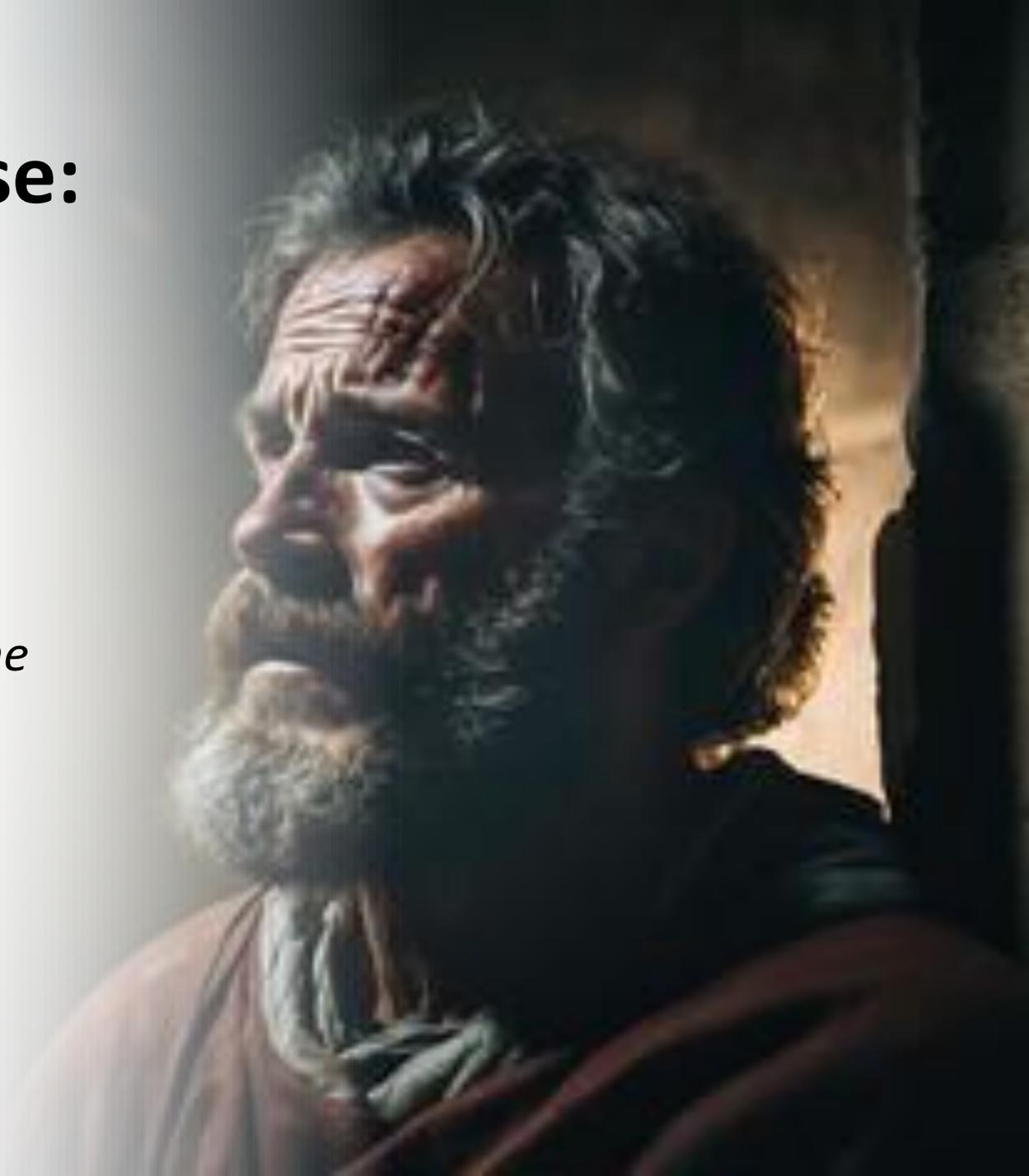
- Job: lost everything
 - Israelites: 40 years in the desert
 - Paul: beaten, shipwrecked, persecuted, hungry, anxious
- 2 Corinthians 11:25-30**



Paul's response: Press on.

Philippians 3:12-14

'I press on toward the goal for the prize of the upward call of God in Christ Jesus.'





Then it hit me: imagine if Jesus gave up.

- Jesus carried the cross all the way to Golgotha.
- He had to carry on to complete the mission and God's purpose.
- He didn't dump it halfway.



We know to expect trials.

- **Romans 5:3-5**

Trials → Perseverance → Character → Hope

- **John 16:33**

‘In this world you will have trouble. But take heart! I have overcome the world.’



What do we have to carry us?

1. The Spirit

2. The Bible

3. Jesus Himself



The Spirit: Our Helper and Comforter

- **John 16:7**

‘It is to your advantage I go... I will send the Helper.’

- **Relief**

‘He gave us the Helper because we need help.’

- We have an unfair advantage!



The Bible: God's Words

- **Psalm 91** 'He will rescue, protect, answer, satisfy.'
- **Psalms 46** 'God is our refuge and strength, an ever-present help in trouble'
- **Psalm 121** 'The Lord watches over you.'



Jesus: Our Rest



Matthew 11:28-30

‘Come to me all you who are weary... I will give you rest.’



My Own Uphill

- I am grateful for the fruit
- It shaped my relationship with Christ
- I see daily value
- I consider what I might have missed without it



Choose Your Menu

What's for dinner?

"The cares of this world can make you unfruitful."

Colossians 3:1-17 Set your mind on things above



Are you carrying heavy burdens?

Come. Let's pray for
strength to endure,
press on, and carry
on.

