

# DAY 28 - PRESSING ON FROM HERE

Reflecting on the Journey



## Philippians 3:12–14 (CSB)

"Not that I have already 'reached the goal' or am already perfect, but I make every effort to take hold of it because I also have been taken hold of by Christ Jesus. Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus."

## Psalm 119:33 (CSB)

"Teach me, LORD, the meaning of your statutes, and I will always keep them."

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**This is not the end of the journey—it is the beginning of a new rhythm.**

Across these four weeks, God has been forming something deeper than information. He has been shaping posture, desire, endurance, and direction.

You have:

- Learned to **run the race** with endurance
- Chosen to **do the work** of discipline
- Discovered how to **rejoice in suffering**
- And now, you have been invited to **press forward** in daily pursuit

Paul's words in Philippians 3 remind us that maturity is not marked by arrival, but by direction. Even at the end of this guide, Paul's posture still holds: "*I press on.*"

That posture is what God is inviting you to carry forward.

Daily devotion is not about checking boxes or keeping streaks. It is about returning—again and again—to the God who has already taken hold of you. Some days will feel rich and focused. Other days will feel distracted and ordinary. Both belong to the journey.

Psalm 119 captures the heart of lifelong devotion: "*Teach me, LORD.*" That prayer assumes continuation. It assumes tomorrow. It assumes growth over time.

As this guide ends, the invitation remains open. God is not finished forming you—and He is eager to meet you again.

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# Guided Reflection Practice

Set aside **15–20 minutes** if possible. Do not rush.

## Reflection Steps

1. Slowly reread Philippians 3:12–14.
2. Thank God for one way He has shaped you during these weeks.
3. Ask Him for clarity about what comes next.

## Reflection Questions

### Looking Back

1. What theme or week impacted you most? Why?
2. Where did you notice growth, resistance, or renewed desire?
3. What surprised you about your own spiritual journey?

### Looking Within

4. What has God been forming in your heart through daily reflection?
5. What practices helped you stay engaged?
6. Where do you still sense hunger for more of God?

### Looking Ahead

7. What kind of devotional rhythm feels realistic and life-giving for you?
8. What obstacles will require grace and persistence?
9. Who can help encourage you as you continue?

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## Daily Action Challenge: Create your 30-day devotional commitment.

Write down:

- **When** you will meet with God
- **Where** you will meet with God
- **What** you will use for Scripture study (Devotional Book, Psalms, Gospel, New Testament, Old Testament, etc.)
- **Who** will help keep you encouraged and accountable

Then write this statement: “For the next 30 days, I will meet with God consistently, trusting Him to shape me as I press forward.”

Place this commitment somewhere you will see it.

Before bed, pray: “God, help me keep showing up.”