

# Pushing through

We all have the occasional time in our lives where we just want to stop or slow down to a crawl. Depression, weather, sadness, overwork, paperwork – all these things will sometimes put us in a mood to just crawl under a desk somewhere and pretend we're out to lunch.

But unless we're on vacation, it's imperative that we work through those times. Our world nowadays is just too busy, too hectic, too demanding to simply put everything on hold.

Plus I'll let you in on a secret – pushing through the difficult times is usually a whole lot easier – and a whole lot fulfilling – than continuing to wallow in whatever pit of despair we might have gotten ourselves into.

People, after all, are not meant to lose. We're not meant to give up. We're meant to press on – we're meant to win.

Don't believe me? Look at it objectively – losing is a learned trait. Giving up is not part of our being – it's something we have learned along the way.

As children, we never wanted to give up – even though we had no background in the language, we all learned the language our parents taught us. Even though when we started out, we couldn't even crawl, pretty soon we were crawling, and then walking. Sure, we fell down a bit on the way, but we got up and continued until we got it right.

It's only in later years that we learn to give up. We learn it from friends, family, schoolteachers, employers, even churches.

We give up early – but if we had only pushed a little harder, we could have pushed our way through the difficulty and come out on top.

Most difficulties that arise in our way are only slight obstacles. They can easily be turned into great triumphs, if only we will persist.

Persistence is the key – even when we are confronted with trouble and terror, if we persist only a little longer, we'll soon find that our troubles dissolve and our terrors will fade when exposed to the light of day.

Keep on pushing through those trials.

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