

Press On with Humility:

A Message to Fathers and Graduates

21 Jun 2026

This message draws from Paul's letter to the Philippians to offer three powerful life principles for navigating challenging seasons of growth and transition. We're reminded that choosing humility isn't weakness but wisdom—looking back to help those behind us rather than asserting dominance over them. The call to press on resonates deeply, acknowledging that the reward for hard work is often more hard work, yet each challenge builds the spiritual and emotional muscle we need for what's ahead. Perhaps most comforting is the instruction not to be anxious, paired immediately with the practical solution: presenting our requests to God and letting His peace guard our hearts. The imagery of releasing the ship's helm to the true Captain reminds us that we were never meant to navigate life's storms alone. Throughout, we're anchored by the promise from Philippians 1:6—that God who began a good work in us will carry it to completion. This isn't about mustering our own strength to persevere, but trusting that the One who started our journey will faithfully finish it.

1.

How does Paul's different tone toward various churches (gentle with Philippians versus harsh with Galatians) inform how we should approach correction and encouragement in our own relationships?
2.

In what areas of your life has humility been forced upon you rather than chosen, and how might you intentionally choose humility now that you have more status or authority?
3.

What does it mean practically to 'present your requests to God' when facing anxiety, rather than simply trying to stop being anxious through willpower alone?
4.

How can the practice of declaring a decision and then checking for God's peace help you discern His will in current choices you are facing?
5.

When have you tried to captain your own ship during a storm instead of letting God steer? What made you finally release control?
6.

The message emphasizes that 'He who began a good work in you will carry it on to completion.' How does this truth affect your response to current failures or setbacks?
7.

How might the principle of 'forgetting what is behind and straining toward what is ahead' apply differently to a graduate entering the workforce versus a father raising teenagers?
8.

In what ways do you need to be 'the helper you needed' to someone who is earlier in their journey than you are?
9.

What does it look like to persevere without relying solely on your own strength, trusting that God will complete what He started in you?
10.

The sermon states that 'the reward for hard work is more hard work.' How does this perspective change the way you view success and rest in your spiritual journey?

Remember...

"He who began a good work in you will carry it on to completion. God has brought you to this place. God has carried you through all of that and will continue to carry you through."