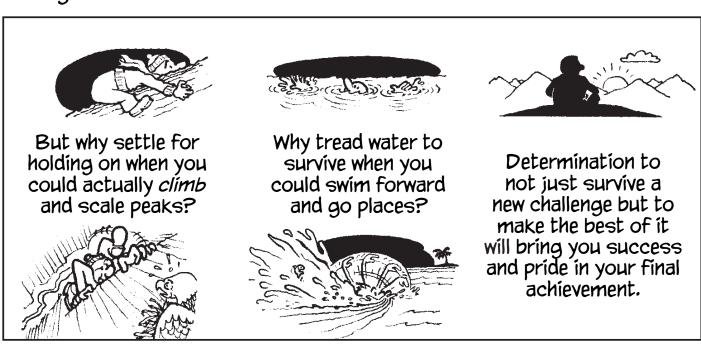


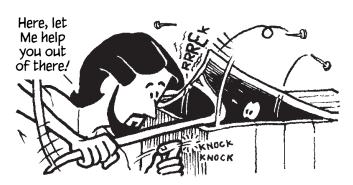
The power of God's Spirit can help you go beyond your own expectations and efforts while giving you the vision, determination, and faith to move forward in the face of a new challenge.

It requires effort to go the distance of conquering a new challenge. Sometimes you may even feel like it is not worth the effort—it's too hard.

When faced with a difficulty, you can choose to cling tightly to just get through it.



Don't hide from the challenges you face, even when they are difficult. Instead ask God for help to show you the best way to move forward.

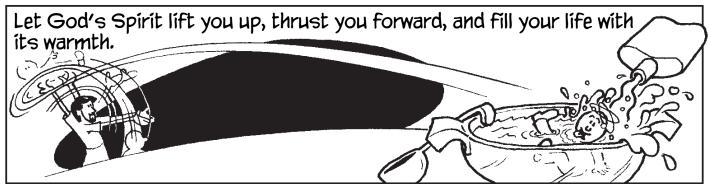




Hold still!
I'll get
these off
you as
quickly as
I can.

Don't let the fear of failure prevent you from facing the challenge head-on. Ask God to remove any fear that is holding you back.





Begin your challenge by adopting the right perspective, make the choices that will move you forward, and determine how much you're willing to sacrifice in order to reach the goals you are aiming for.



Go the distance. Give it your all! God will be there to give you a hand.