

THURSDAY, APRIL 30, 2026

THURSDAY BLOG

You Can Do This

BY BOBBY DUNCAN

“For I can do everything through Christ who gives me strength.”

Philippians 4:13 NLT

Everyone I know has their own personal challenges each day. It’s part of being human. Our daily responsibilities often bring obstacles to overcome. Churches and their leadership are not exempt. The unexpected conversation can, and often does, occur.

Just now, my car is getting an oil change in a small local shop. I was walking to a coffee shop to wait for my car. I saw a business acquaintance I’ve worked with in the past. It’s been awhile since our paths crossed. I began with “Hello, it’s a cool day this morning.” Before I knew what happened the person shared, “I don’t think young people are going to church these days. I haven’t been to church in ten years. Too much politics.”

Sometimes people you know, or not know, may present a view of things in their world which dampens your morning vibe. How do professionals, doctors, ministers, educators, business leaders, students, busy parents, and just everyone stay positive and focused? With so much trending news sharing negative information how does a person sustain good mental health, no matter what?

This weekend at Journey Church Cynthiana we’re finishing up the 4-week series, titled JOY, taken from Philippians in the Bible. The Apostle Paul is the author. He is writing from his own experiences. In this chapter he finds himself under house arrest for two years for sharing Jesus’ message of Good News with people who are mainly non-religious.

The 11- word message in the verse above oozes with confidence, courage, and positive outlook. The “secret sauce” which the Apostle Paul reveals in these few words—can be our answer and antidote for any bad news—Jesus changes everything.

If you’re having one of the “those days,” this final message at Journey this weekend will be just what is needed for bringing a balanced perspective back into your thoughts. The weather forecast is cooler than normal. Jump inside and warm up with a hot drink and snack from our coffee bar. Share conversations with other people who also find their strength in knowing Jesus and gathering with friends.

Whatever negative vibes are floating your way, it’s not over. God is bigger than any problem or discouragement. Join us in our Sat@6pm service. Help us grow this audience if you are available. If Journey Sun@10:30am is better for you, jump inside and warm up with others.

You can do this....

