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Continue in Him: The Long Journey of Love

Today we explore a wonderful theme: how to continue in Christ. The Christian life is not a sprint—it's a marathon of faith, hope, and love. We're called not just to begin the journey with Jesus, but to continue in it faithfully.

Beginning something can feel easy. The bigger challenge is maintaining momentum and staying anchored in what you've started. Many people begin well but give up along the way, discouraged by voices that tell them they're failures, that they can't make it.

But the message for us today is clear: continue in the long journey of love.

The Marathon of Faith

Imagine a marathon runner. At mile one, he felt strong, energised, and determined. Yes, I'm in it. At mile five, he was still confident and enjoying it with zeal. But at mile twenty, he began to feel exhausted and ready to quit, blaming himself. Why did I sign up for this? He was feeling that urge to give up.

But then he saw an older runner ahead of him—steady, confident, unhurried, still moving forward. This man said to himself, "If he can do this, if he can continue, so can I." That's when he was encouraged. He was determined. He said, I can continue.

The Christian life works the same way. Sometimes we feel we want to give up. We want to throw everything away. We say it's not working. I've tried this for months, for years. It's not for me. And sometimes whispers come saying, just leave this, it's not for you.

But I ask: if it's not for you, whose is it for? The word continue carries a quiet

strength. It invites us to keep going, to take the next step when the road is long, to hold on when the heart is tired.

When Life Changes: Walking Through the Seasons

How do you continue when the seasons change? Life throws different seasons at us: joy and heartbreak, success and failure, celebration and loss. When children pass their exams or get married, that's one season. But then comes another season of breakdowns and heartbreaks. Changing seasons.

We often complain about the weather. When it's hot, we say it's too hot. When it's cold, we say it's too cold. But the seasons come regardless. We have to gear ourselves and be ready for them.

In Christian life, sometimes our seasons aren't the same. They change. There are ups and downs. This can happen to your life, your family, your work, to any one of us. But the key is: don't quit when seasons change.

These moments are not signs that you have failed. They're simply part of what it means to walk with God through real life. Nelson Mandela called his journey a "long walk to freedom"—a path marked by hardship, perseverance, and hope carried through dark valleys as well as bright horizons.

The long journey of love in Christ is not carried by bursts of energy, but by steady grace that meets us in every season. When your strength is thin, his strength holds you. Seasons change, but Christ does not. Your pace may slow, your grip may loosen, but his faithful love continues. We continue in him not because we feel strong, but because he is strong.

Christ Has Already Walked This Path

There's nothing new that we're starting. Christ has walked this path before. So we walk with confidence because we're walking in the footsteps of someone who has already walked the same way.

Whatever we face, whatever we go through, there's nothing new. Jesus doesn't call us to continue in a path he hasn't walked first. He continued in love through

rejection. You might make rejection an excuse, but Jesus walked through rejection. He continued through misunderstandings with Pharisees and critics. He continued through loneliness. And up to the cross, Jesus continued.

Rowan Williams, former Archbishop, says: "Christian discipleship means finding where Christ has walked and placing our feet in his footprints." We walk exactly where he walked.

That marathon runner sees the older runner continuing ahead and says, "So if he can do it, so can I." When we see that Jesus walked the journey of suffering and rejection, we can say, "So if he walked it, so can I"—because our strength and hope are in him.

You're not alone. Christ is with you. Your brothers and sisters are around you. Your friends, your community are there for you. The long journey is not meant to be lonely. We continue by loving one another, lifting tired hands, forgiving freely, and giving generously.

So please, do not quit. Continue in the love and grace and faithfulness of God.
Amen.