

The background is a complex abstract composition. It features vertical bands of color, including shades of blue, teal, orange, and brown. Overlaid on these colors is a fine, repeating halftone dot pattern. The overall effect is textured and layered, with some areas appearing more saturated than others.

POURED OUT

To Live
Philippians 1:19-26



"The biggest thing I felt was a loss of identity and purpose"

Kelly Holmes
2x Olympic champion
retired in 2005

POURED OUT



Kelly Holmes
2x Olympic champion
retired in 2005

"Suddenly the structure, the people you call on, it all goes. But with no idea of what you want to do and who you want to be and that's a really lonely place and I got quite depressed around that time." *POURED OUT*

"All too often, so much of an athlete's life has been dedicated to their job that when it stops it can lead to a real loss of identity."

Simon Taylor
chief executive
Professional Players Federation

POURED OUT

**OUR DISCOURAGEMENTS
AREN'T CRUSHING**

POURED OUT

**OUR PURPOSE
IS NOT CHANGING**

POURED OUT

OUR PURPOSE IS NOT CHANGING

A Christ-centered Life never loses Purpose

POURED OUT

Acts 9:16

“For I will show him how much he must suffer for the sake of my name.”

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2 Corinthians 11

²⁴Five times I received at the hands of the Jews the forty lashes less one. ²⁵ Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; ²⁶ on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, *POURED OUT*

2 Corinthians 11

danger at sea, danger from false brothers; ²⁷
in toil and hardship, through many a sleepless
night, in hunger and thirst, often without
food, in cold and exposure.

POURED OUT

OUR PURPOSE IS NOT CHANGING

A Christ-centered Life never loses Purpose

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Galatians 2:20 (ESV)

²⁰I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

POURED OUT

Even if you produce a great work of literature which continues to be read thousands of years from now, eventually the solar system will cool or the universe will wind down and collapse and all trace of your effort will vanish. . . .

Thomas Nagel

POURED OUT

The problem is that although there are justifications for most things big and small that we do within life, none of these explanations explain the point of your life as a whole. . . . It wouldn't matter if you had never existed. And after you have gone out of existence, it won't matter that you did exist.

Thomas Nagel

POURED OUT

"Something strange began to happen to me at age 50. I had a wife who loved me, and whom I loved; I had a large estate which, without much effort on my part, increased; my name was respected, I enjoyed physical strength, and yet I could not live because of death. The question, which brought me to the verge of suicide, sought an answer without which one cannot live.

Leo Tolstoy, *A Confession*

POURED OUT

Is there any meaning in life that my inevitable death does not destroy? Today or tomorrow death will come to those I love, and then to me. Soon not only will I not exist, but eventually no one will exist who will remember anything I have written or done. Why then go on with the effort? What is it all for? What does it all lead to? What difference does it make whether or not I do this thing or that thing or nothing at all?

Leo Tolstoy, *A Confession*

POURED OUT

**OUR PURPOSE
IS NOT CHANGING**

POURED OUT

**OUR FUTURE
IS CLEAR**

POURED OUT

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