

# THE SECRET TO STAYING ENERGIZED

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Philippians 3:14

Doing what you are **PASSIONATE** about will keep you energized. Passion keeps you enthusiastic. Passion keeps you focused. Passion keeps you hungry. Passion keeps you excited.

Passion is the difference between staying energized or feeling depleted. For example, when people get a new job they are energized to wake up early, work hard and do more at their workplace because they are full of passion.

When people lose their passion they become slothful, lazy and disgruntled at their workplace. **PASSION IS ENERGY!** The more passion you have for what you are doing the more energy you will have while doing it. The Apostle

Paul had an uncommon passion in achieving the high calling that is in Christ Jesus.

Philippians 3:14 says, "I **PRESS** toward the mark for the prize of the high calling of God in Christ Jesus." The word " *press*" reveals how passionate the Apostle Paul was about God's work. The Apostle Paul was wrongly imprisoned. He was lied on. People plotted to kill him.

He was mocked and severely criticized. In spite of the pain he went through he was willing to **PRESS** towards the mark. It is hard to press forward when you are constantly being opposed, oppressed and attacked. To press forward means to push yourself when you feel you cannot do anything else.

Where does this type of energy come from? It does not come from mental will. It does not come from having extensive knowledge. It comes from having **EXTREME PASSION!**

Knowing what to do does not give you the energy to press on. Thinking about what to do does not give you the passion to press on. Passion pushes you when you cannot find the strength to push yourself.

The Apostle Paul's passion for God inspired him to **PRESS** toward the high calling that is in Christ Jesus. What are you passionate about? When you can find what you are passionate about you will discover the energy to **ENDURE** delays, attacks, setbacks and obstacles.

**WHEN YOU FIND YOUR PASSION YOU WILL  
DISCOVER YOUR ENERGY!**

**HERE'S WHAT I MEAN**

- People who are passionate about the Kingdom of God possess the energy to study the secrets of the Kingdom of God.

- People who are passionate about being a musician possess the energy to practice their craft daily.
- People who are passionate about their family possess the energy to invest quality time with them despite their work schedule.

## THE PURPOSE OF ENERGY

Energy enables you to do what you are doing for a **LONG** period of time with the **RIGHT** attitude. You can do something for an extended period of time. However, it does not mean you will have the right attitude while doing it.

Basketball players who have the energy to play competitively compete at a high level. Business people who have the energy to work in excellence act professional. Singers who have the energy to sing at a concert for two hours do it with joy.

Do not underestimate having energy. It is a **NECESSITY**.  
You cannot complete your purpose without it. You cannot  
enjoy your life without it. You cannot stay determined  
without it. You cannot press on without it. Remember,  
**PASSION IS ENERGY!**

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