

May 22, 2016  
Philippians 3:12-16

## PRESSING ON

### I. Introduction:

### II. What Does It Mean To Press On?:

#### Pressing On Means:

#### A. Progress not \_\_\_\_\_

12] Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. 13] Brothers, I do not consider myself yet to have taken hold of it.

#### B. \_\_\_\_\_ The \_\_\_\_\_

13] Brothers, I do not consider myself yet to have taken hold of \_\_\_\_\_ it. But one thing I do: **Forgetting what is behind....**”

Forgetting what is behind:

- Living in past glory
- Leaving behind past failures.

#### C. The future holds out hope, \_\_\_\_\_ for it.

13] “.....forgetting what is behind and **straining** toward what is ahead, 14] I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

### **III. Conclusion and Application:**

“One thing I DO,” vs. 13

Think about this:

What is the **one thing** that you can DO, to help you know Christ and grow to be like Him? Then, PRESS ON towards the goal!

**Notes:**

**POINTS TO PONDER**  
**Week of May 22<sup>nd</sup> to May 28<sup>th</sup>**  
**Pressing On Towards The Goal**  
**Philippians 3:14-21**

**Open It:**

1. \*How physically fit are you?
2. If you lived in ancient times and participated in sports, would you prefer chariot racing or spear throwing? Why?
3. How much time do you spend watching or participating in sports?

**Explore It:**

4. What was Paul's testimony? (3:12-14)
5. \*In what ways did Paul's spiritual life resemble the discipline of a runner? (3:12-14)
6. What was Paul's view of the past? (3:13)
7. \*What was Paul's goal? (3:14)
8. How did Paul call the Philippians to share his view? (3:15)
9. What did Paul hope for the believers who disagreed with him? (3:15)
10. What was Paul's plea to the Philippians? (3:16)
11. \*How did Paul want believers to imitate him? (3:17)

12. How did Paul describe God's enemies? (3:18-19)
13. Where did the Philippian Christians have their citizenship? (3:20)
14. Whom did the Philippian believers eagerly await? (3:20)
15. What characterizes citizens of heaven? (3:21)

**Get It:**

16. \*What kind of race are you running for Christ?
17. What prize do you seek?
18. \*What kind of opposition do you face in your struggle to live as a Christian?
19. How can you imitate Paul's life and example?
20. How can Christ help you stay on track and reach the goal?

**Apply It:**

21. \*What spiritual workout or training this week will help you run your Christian marathon?
22. In what way can you renew your commitment to press on toward the goal of being like Christ?