



*#OnYourMark*  
**On Your**  
*Mark*

<sup>13</sup>“I think it right, as long as I am in this body,  
to stir you up by way of reminder,”

*2 Peter 1:13 ESV*

**On Your**  
*Mark*

<sup>37b</sup>And Jesus said to him, "You go, and do likewise."

*Luke 10:37b ESV*

**On Your**  
*Mark*

<sup>26</sup>And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

*Ezekiel 36:26 NLT*

**On Your**  
*Mark*

**18'While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen.**

*Matthew 4:18-20 ESV*

**On Your  
Mark**

<sup>19</sup>And he said to them, "Follow me, and I will make you fishers of men." <sup>20</sup>Immediately they left their nets and followed him.

*Matthew 4:18-20 ESV*

**On Your**  
*Mark*

**<sup>21</sup>And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them.**

*Matthew 4:21-22 ESV*

**On Your  
Mark**

**22Immediately they left the boat and their father  
and followed him.**

*Matthew 4:21-22 ESV*

**On Your  
Mark**

<sup>13b</sup>but I focus on this one thing: Forgetting the past and  
looking forward to what lies ahead,

*Philippians 3:13b-14 NLT*

**On Your**  
*Mark*

**<sup>14</sup>I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.**

*Philippians 3:13b-14 NLT*

**On Your**  
*Mark*

# Pressing Toward the Goal

1. Forget the Past
2. Look Forward
3. Hold On to Your Progress



**22Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home.**

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

<sup>23</sup>After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

**<sup>24</sup>Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves.**

*Matthew 14:22-33 NLT*

**On Your  
Mark**

<sup>25</sup>About three o'clock in the morning Jesus came toward them, walking on the water.

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

<sup>26</sup>When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!”

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

<sup>27</sup>But Jesus spoke to them at once. “Don’t be afraid,”  
he said. “Take courage. I am here!”

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

**28** Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.”

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

<sup>29</sup>“**Yes, come,**” Jesus said.  
So Peter went over the side of the boat and  
walked on the water toward Jesus.

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

<sup>30</sup>But when he saw the strong wind and the waves,  
he was terrified and began to sink.  
“Save me, Lord!” he shouted.

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

**31** Jesus immediately reached out and grabbed him.

**“You have so little faith,”** Jesus said.

**“Why did you doubt me?”**

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

**<sup>32</sup>When they climbed back into the boat, the wind stopped. <sup>33</sup>Then the disciples worshiped him. “You really are the Son of God!” they exclaimed.**

*Matthew 14:22-33 NLT*

**On Your**  
*Mark*

**<sup>25</sup>All athletes are disciplined in their training.  
They do it to win a prize that will fade away,  
but we do it for an eternal prize.**

*1 Corinthians 9:25 NLT*

**On Your  
Mark**

<sup>26</sup>So I run with purpose in every step.  
I am not just shadowboxing.

*1 Corinthians 9:26 NLT*

**On Your**  
*Mark*

# Objective

---

have a *clear view* of where you're going,  
hold the *progress*, but don't dwell on missteps

**On Your**  
*Mark*



**Run With**  
*Purpose*

<sup>13b</sup>but I focus on this one thing: Forgetting the past and  
looking forward to what lies ahead,

*Philippians 3:13b-14 NLT*

**On Your**  
*Mark*

**<sup>14</sup>I press on to reach the end of the race  
and receive the heavenly prize for which God,  
through Christ Jesus, is calling us.**

*Philippians 3:13b-14 NLT*

**On Your  
Mark**

<sup>22</sup>No, you have come to Mount Zion, to the city of the living God, the heavenly Jerusalem, and to countless thousands of angels in a joyful gathering.

*Hebrews 12:22*

**On Your**  
*Mark*

**23<sup>b</sup>You have come to God himself, who is the judge over all things. You have come to the spirits of the righteous ones in heaven who have now been made perfect.**

*Hebrews 12:23b*

**On Your  
Mark**

**<sup>24</sup>You have come to Jesus, the one who mediates the new covenant between God and people, and to the sprinkled blood, which speaks of forgiveness instead of crying out for vengeance like the blood of Abel.**

*Hebrews 12:24*

**On Your**  
*Mark*

<sup>10</sup>I want to KNOW Christ and EXPERIENCE the mighty power that raised him from the dead. I want to suffer with him, sharing in his death,

*Philippians 3:10-11 NLT*

**On Your**  
*Mark*

**<sup>11</sup>so that one way or another I will experience the  
resurrection from the dead!**

*Philippians 3:10-11 NLT*

**On Your  
Mark**

**<sup>10</sup>I want to KNOW Christ and EXPERIENCE the mighty power that raised him from the dead.**

*Philippians 3:10a NLT*

**On Your**  
*Mark*