



**Session Seven: "Healthy Dis-satisfaction."  
Philippians 3:12-16  
Discussion Questions**

1. In Philippians 3:13, Paul refers to "forgetting what lies behind".
  - a. What things in your own life have been good and valuable experiences, that you find yourself looking to for identity?
  - b. Discuss what it looks like for the Christian to find his or her identity in Christ.
  
2. One practical way to maintain a healthy dissatisfaction in your current walk of faith is to find a good example or mentor. As Paul said in 1 Corinthians 11:1, "Be imitators of me, just as I also am of Christ."
  - a. Where are you weak in your walk of faith, and who around you is strong in this same area?
  - b. What are some first steps to using this person as a good example?
  
3. Paul found his motivation to "press on" in personal holiness, in the "prize of the upward call" or as he put it in 1 Corinthians 9:25, "the prize of the imperishable wreath".
  - a. Do you find that looking forward to dwelling with Christ in glory motivation for action in this present life?
  - b. What should be our response to this perfect motivation?

**Memory Verse:**

"I press on toward the goal for the prize of the upward call of God in Christ Jesus."

(NASB, Philippians 3:14)