



Message Devotional & Discussion Questions

5/19/2024

MESSAGE: How to Get Unstuck

Text: Philippians 3:12-21

COMMUNICATOR: Pastor Wes Davis

CHECKIN' IN: How is your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's Devotional & Discussion?

THINK, DISCUSS, LIVE: These questions work well individually or in a group setting to encourage spiritual growth, engage in biblical community and live it in the world around you.

1. What time period would you like to go back to and why? Is there a time period in the future you would like to experience and why?
2. Share a time when you felt stuck in life? What was it like when you realized you were no longer stuck? Where are you likely to get stuck—emotionally, socially, financially, spiritually, other areas?
3. Read Philippians 3:12-21. What do you think Paul is trying to say to the Philippian church? What words or phrases got your attention from this passage? Why did it stand out to you?
4. Are you more of a 'remember what lies behind' person, or a 'reach toward what's ahead' person? What can make it difficult to forget what is 'behind?' What helps you move past your past?
5. Read Philippians 3:13-14 again. What are you reaching for? What life goal/s are you striving for? What do you hope it looks like when you do reach these goals? What is one area you should strain towards, and press on in your relationship with God and with others?
6. What new adventure is God urging you to consider these days? What are some obstacles that must be overcome for you to step out in faith toward this new adventure?
7. "You can't go back and change the beginning but you can start where you are and change the ending." — **C.S. Lewis** What is one thing you wish you could change from your past? What is something you would like to start moving towards in your life and what is your desired outcome?
8. Paul tells us to be people who press on: Who are your "go to people" when you feel like you need a listening ear, some encouragement, or a "swift kick in the pants"? Who can you be this type of person for?
9. In Philippians 3:20-21 we are reminded that our citizenship is in heaven. Talk about what you look forward to experiencing in heaven. Why is this so desirable to you? Who will you talk with this week about heaven? Find out about their concept of heaven and what do they look forward to experiencing? It may be a good place to begin a conversation about Jesus.



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10. **TRUTH DEMANDS A RESPONSE!** What is one action step you will take this week in response to our discussion or nudge from the Holy Spirit? Be specific.

2024 TRANSFORMATION CHALLENGE: We have created some resources to help you grow. Check out the *Experience God* page. Go to canvas.church/experience-god or *Experience God* on the Canvas App., read the "Make Me Better" section, start a new discipline, try a new Bible engagement tool, or help someone go further on their faith journey. Let us know how it's going.

INDIVIDUAL AND GROUP PRAYER OPTIONS:

Challenge yourself and or your group to pray out loud. It may just be a sentence or two of something you thank God for, or ask God to bless and answer someone's prayer request.

1. We pray because we believe God can and will answer our prayers.
 2. We pray for each other out of obedience to God and out of love for each other.
 3. We pray out loud for each other so everyone will be blessed and encouraged.
- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
 - **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
 - **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
 - **Pray for the person on your right, it can be out loud or in silence,** if in silence nudge the person next to you letting them know you are done.
 - **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
 - **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email rickz@canvas.church