

Garbage & Glory

Let it GO

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Preached by Matthew Babcock

Prepared by Isaac Long

OPENING QUESTION

Paul talks about realizing that what he once thought was valuable became 'garbage' compared to knowing Christ. Can you share something that used to feel hugely important to you that has faded in importance over time?

SCRIPTURE READINGS

Philippians 3:1-16

KEY TAKE AWAY(S)

- Christ is the greatest treasure.
- Our identity rests in Christ's righteousness, not our performance
- Maturity means pressing on, not having arrived

QUESTIONS

1. What are you putting before Jesus?

- Read Philippians 3:7–8.
- Paul says he now considers “everything a loss” compared to knowing Christ.
- Question: *Looking at your own life, what good things (success, comfort, approval, possessions, even family or ministry) tend to move toward the “center” and compete with Jesus for first place? How do you see that playing out practically right now?*

2. Do you know Jesus or just know about Him?

- Read Philippians 3:10–11.
- Paul's desire is “that I may know him and the power of his resurrection...”
- Question: *What's the difference in your experience between knowing facts about Jesus and actually knowing Him personally? What practices (prayer, Scripture,*

obedience, community) have most helped you grow in truly knowing Christ?

3. Are you pressing on or stuck in the past?

- Read Philippians 3:12–14.
- Paul says he’s not there yet, but he “presses on,” “forgetting what is behind and straining toward what is ahead.”
- Question: *Is there something in your past—either a failure or even a success—that you feel is holding you back spiritually right now? What might it look like, practically, to “forget what is behind” and “press on” in this season?*

PRACTICE

“Open Hands, One Surrender” Practice

(Philippians 3:7–8)

Do this once a day until you meet again:

1. **Sit quietly for 2–3 minutes.**
Put your hands in front of you, **closed in fists**.
2. **Pray honestly:**
“Jesus, what am I holding tighter than You right now?”
Let Him bring something to mind (work, control, worry, image, comfort, a specific person or situation).
3. **Name it to God.**
Out loud or in a whisper, say:
“Jesus, today I’ve been clinging to _____.”
4. **Open your hands.**
As you slowly open your hands, pray:
“I consider everything loss because of the surpassing worth of knowing Christ Jesus my Lord (Philippians 3:8).
Jesus, I release this to You. Be my greatest treasure today.”
5. **End with one sentence:**
“Jesus, help me press on toward You today” (Philippians 3:14).

That’s it—2–3 minutes, once a day.

Next small group, you can simply ask:

- “What did God bring to mind as you opened your hands this week?”

CLOSING PRAYER

Jesus, help us to see You as our greatest treasure, worth more than anything else we could gain in this world. Teach us to let go of what we cling to and to press on toward knowing You more. Fill us with Your Spirit this week as we follow You in faith and obedience.