

Weekend Message Questions

Base Camp 04 // Press On

August 30-31, 2025

ICEBREAKER

What's one activity, hobby, or routine you've kept up consistently over time—and one thing you struggle to stay consistent with?

CHECK-IN

How is everyone doing this week? Any updates from our last discussion about spiritual growth and habits?

READ TOGETHER

Philippians 3:13–14

Read the passage slowly as a group. What word or phrase stands out to you most? Why?

2 Timothy 4:7–8

How does Paul's reflection at the end of his life connect with this idea of pressing on?

DISCUSS *(the following questions unpack the points from the message)*

1. Paul openly admits, *"I have not achieved it."*
 - Why is it important to acknowledge that none of us have "arrived" spiritually?
 - How does that change the way we view our own journey with Christ?
2. Know that We are Loved
 - Why does starting with God's love matter before we try to "press on"?
 - How can remembering God's love keep us from making faith only about performance or achievement?
3. Forget What is Behind
 - What's one past hurt, mistake, or regret that still tries to weigh you down?
 - What does it look like for you to release that to God so you can press forward?
4. Straining Toward What Lies Ahead
 - Paul describes pressing on as an active, intentional pursuit.
 - What daily or weekly habits help you stay spiritually healthy?
 - How does David's example in 2 Samuel 11 warn us about neglecting good habits?
5. Measure Progress in Years
 - Why do we get discouraged when we don't see quick results in our faith journey?
 - Share a season in your life where slow, steady growth eventually bore fruit.
6. Define the Goal
 - Paul compares the prize to an athlete winning a championship.
 - What do you think it will feel like to experience the joy of Christ's presence fully one day?
 - How does keeping that prize in mind encourage you to keep pressing on today?

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DISCUSS

- What's the difference between trying harder in our own strength and building consistent spiritual habits empowered by the Holy Spirit?
- What's one small habit you could commit to this week that would help you press on in your faith?

HOMEWORK

This week, take intentional steps to press on in your spiritual journey:

- Journal: What's one area of your life where you need to let go of the past?
- Practice: Commit to one consistent habit (prayer, Scripture, worship, service).
- Encourage: Share Philippians 3:13–14 with someone who needs encouragement.
- Remind: Place the Base Camp sticker somewhere you'll see it daily—let it remind you of the race you're running.

PRAYER

How can we pray for each other this week as we keep pressing on?

Close by thanking God for His love, His grace, and the eternal prize we're pressing toward in Christ.

Can you use prayer? <https://hopefellowship.net/prayer-request/>