



PRESS ON

A LETTER FROM PAUL TO THE PHILIPPIANS

Pressing On, with Heaven in View

Discussion Guide | Nov. 8th, 2020

Before you begin, please read Philippians 3:12-4:1

1. Share about a time when you needed to persevere and strain to reach a goal. What was the goal? What did you do to persevere, and what did you learn?
2. In Philippians 3:12-14, Paul repeatedly refers to what he is striving toward – he talks about it as his “goal” (verse 12) and the “prize” (verse 14). What is this goal, or prize, that he is referring to? (Hint: Review Philippians 3:7-11 for direction on this.)
3. Paul’s focus is on the future, when he is in Christ’s presence. How can this same goal motivate you, and the way you live your life today? (Are there ways your week would look different, if you were living more fully in light of this focus? How so?)
4. In verse 13, Paul shares what he does to persevere toward this goal. First, he “forgets what is behind.”
 - Paul can forget what is behind because God has forgiven his past. Read the following verses and share how they reinforce this: Romans 8:1; Romans 4:7-8; 1 Timothy 1:15-16
 - How does Jesus’ work for us on the cross secure this forgiveness? (Hint: Read 2 Corinthians 5:21.)
 - Are there ways you need to “forget what is behind”? Why is this important in persevering forward?
5. In verse 13, Paul also shares that he “strains” toward what is ahead.
 - Read the following verses: 1 Timothy 4:7-8 and 2 Peter 1:5-8. How do they help you see what it looks like to “strain” toward what is ahead?
 - Is there “strain” and effort in your pursuit of Jesus? (Remember this quote from Dallas Willard: “Christianity is opposed to earning, but not to effort.”)
6. Look at verse 20. Paul shares that for followers of Jesus, our identity is “citizens of heaven.”
 - How is this mindset (that followers of heaven are citizens of heaven) different than those we read about in verses 18-19? (What is their mind set on?)
 - What does it “look like” in everyday life, that our citizenship is in heaven? How can it make a difference in your perspective and practical life?
7. Share a take-away you’re leaving with from your time studying and discussing this passage. What practical steps will you take this week to live in light of this?
8. **“Press On” Challenge** – Memorize Philippians 3:13-14. Write down one thing you need to “forget” and one specific thing you can do to “strain” toward the goal God has for His followers?