

Summary

In this sermon, Pastor Shawn Beauchamp explores Philippians 3:12-14, focusing on Paul's message about forgetting the past and pressing forward. He emphasizes that to experience a fresh start in Christ, believers must say goodbye to their past—both achievements and failures—and release grudges that hold them back. The pastor shares personal stories, including preaching to a church in Pakistan despite obstacles, to illustrate how having a single-minded focus on Christ enables believers to move beyond their past and fulfill God's purpose for their lives.

The sermon highlights three key aspects of experiencing a fresh start: saying goodbye to the past, staying focused on the present, and striving for the prize of knowing Christ more deeply. Pastor Shawn reminds the congregation that holding onto past guilt or grudges paralyzes spiritual growth, while releasing these burdens through Christ's forgiveness brings restoration and freedom. He concludes by challenging listeners to have a "one-track mind" focused on serving God rather than dwelling on past failures or offenses.

Intro Prayer

Heavenly Father, we come before You with open hearts and minds, ready to receive what You have for us today. Just as Paul learned to forget what was behind and strain toward what is ahead, help us to release the burdens of our past—whether achievements we cling to or failures that haunt us. Lord, we ask that You would speak clearly to each person in our group today, showing us what we need to let go of in order to move forward with You. Give us the courage to wave goodbye to anything that hinders our relationship with You and others. In Jesus' name, amen.

Ice Breaker

If you could go back and give your younger self one piece of advice, what would it be?

Key Verses

- Philippians 3:12-14
- Luke 17:32
- Ephesians 4:31

Questions

- What does Paul mean when he talks about "forgetting those things which are behind"? Does this mean we should pretend our past never happened?

- Pastor Shawn mentioned that Paul had to forget both his achievements and his failures. Which do you find harder to let go of—past successes or past mistakes?
- How does holding onto grudges affect our spiritual growth and relationships with others?
- The sermon mentioned that "if nothing changes, nothing will change." What area of your life might God be calling you to change right now?
- What does it mean to have a "one-track mind" like Paul described? How might this focus transform your daily life?
- Pastor Shawn shared the story of the woman who "waved goodbye" to her past guilt. What past guilt or shame might God be asking you to release?
- How does our inability to "spiritually arrive" (as Paul mentioned) keep us humble and growing in our faith?
- The sermon ended with the question: "Will you be found climbing, relaxing, or not even in the race at all?" Where do you honestly find yourself right now in your spiritual journey?

Life Application

This week, I challenge each of you to identify one thing from your past that you need to "wave goodbye" to—whether it's guilt over a past sin, a grudge you've been holding, or even pride in past achievements that you've been clinging to for your identity. Write this down on a piece of paper. Pray over it, asking God to help you release it completely. Then, as a symbolic act of letting go, destroy the paper (tear it up, burn it safely, or throw it away). Each time thoughts of that past issue try to resurface, picture yourself literally waving goodbye to it and turning your focus back to Christ and His purposes for your future.

Key Takeaways

- To experience a fresh start, we must say goodbye to our past—both our achievements and our failures—and not allow them to influence our present walk with Christ.
- Holding onto grudges and bitterness prevents us from moving forward spiritually and damages our relationships with others and with God.
- Paul recognized he hadn't spiritually "arrived"—spiritual growth requires continual pressing forward rather than becoming content or satisfied with where we are.
- Having a "one-track mind" focused on becoming all we can be for Christ helps us prioritize eternal values over temporary concerns.
- When we release our past and focus on serving God, He can work through us in powerful ways that impact others for eternity.

Ending Prayer

Lord Jesus, thank You for the freedom You offer through Your forgiveness. We acknowledge that we've been holding onto things that have kept us from experiencing the fullness of life You intend for us. Right now, we choose to wave goodbye to past guilt, grudges, and anything else that has hindered our walk with You. Thank You that because of Your sacrifice, we can leave these burdens at the cross. Help us to develop that one-track mind that Paul had—focused solely on knowing You more and becoming all that You've created us to be. Give us the courage to restore broken relationships and the wisdom to prioritize what truly matters. As we leave this discussion, may we not be the same as when we came, but transformed by Your truth and empowered to press toward the prize of Your high calling. In Your mighty Name we pray, Amen.