

Philippians

YA Life Group Study Guide

Week 6

Background Info

Road trips can be exhausting – travel to a different country is a whole new level of stress. Concerns of being misunderstood, worries about eating something that might make you sick, fears about your safety, and stress about making it back home in one piece. Being away from home, often in drastically different circumstances, can make us appreciate what we have at home, making the grind of travel often worth the journey. Paul describes our faith-journey in terms of a grueling race.

Intro Discussion

Describe the most stressful trip you have been on?

If you've ever competed in a race of any kind, what is that experience like? Which portions do you find the most fulfilling?

Text -- Phil 3:12 – 4:1

What is the goal of the race as Paul describes it?

What are some pieces of advice that Paul gives as we pursue that goal of perfection? (v 13-17)

Focus ahead, forget what's behind, push through, set eyes on the goal, Godly examples, etc...

How does Paul describe those who are thinking only of this earthly life? (vs. 18-19)

How should having Heavenly Citizenship alter our point of focus?

What encouragement do you find in Paul's reminder to look to Christ (vs. 3: 20 – 4:1)

Application

What things distract us from the goal of Christ-like living that we should have in front of us?

How can we minimize the distractions and stay on course?

In the face of such a struggle, how should Christians find joy on the journey we are on?