

# Rising Above: Insights From the Book of Philippians

Week 6

*Pressing On*

Philippians 3:12-14

## OPEN WITH PRAYER

**GETTING STARTED:** What is the greatest athletic event you have ever witnessed, either live or on TV?

## LEARNING & APPLYING GOD'S WORD

**Together, read** Philippians 3:12-14 **together**

1. At the beginning of his message, Steve contrasted living Paul's old life with his new life. In other words, he contrasted living under the law versus living under grace. How would you describe to someone what it means to live under grace as opposed to living under the law?
2. State verse 12 in your own words.
3. Why can it be important to forget the past in our Christian lives? Do you think Paul means that we forget everything about our past? What does he mean in verse 13? How can carrying baggage from our past prevent us from experiencing the fullness of God's new life for us in the present? What different types of baggage did Steve talk about in his message?
4. What does Paul mean when he says he is "pressing on?" Is this a return to "works righteousness?" What is our part in the Christian life? What is God's part?
5. Steve likened the new life in Christ as dancing with God? Do you like this metaphor? Why or why not?

## **LIVING OUT “REAL LIFE”**

- 1. Is there “baggage” from you past that is weighing you down and you need to release to God?**
  
  
  
  
  
  
  
  
  
  
- 2. In your dance (relationship) with Christ, are you letting him take the lead in the dance or are you wrestling for control? What areas of your life is most difficult for you to trust Christ to take the lead?**

## **SHARING AND PRAYER (Prayer Requests)**

Take some time to share prayer requests, where you need to find God’s grace and peace. Be sure to give thanks for each other and pray for one another’s needs. When we pray together, we find the power of God.

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