

## Small Group Discussion Guide – Read Philippians 3:12-16

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-Are there ways that this passage was personally convicting, challenging, or encouraging to you? If so, what would those be and why?

-What did Joshua mean when he said “grace” should be a stimulant, not a sedative, in the Christian life? Where have you seen spiritual laziness or apathy in your life?

-Can you think of an area of your life where you have seen measurable growth over time? What was helpful for you in moving forward?

-What is the “this” or the “it” that Paul hasn’t yet attained or is pressing on to make his own? (see vs. 8-11) By the same token, what is “the prize” Paul is pressing on toward?

-In vs. 13, what is the “one thing” Paul does (expressed in two ways) in order to press on toward the goal? What does “forgetting what is behind” practically look like for a believer? What things might need to be left behind? What does “straining forward to what lies ahead” practically look like for the Christian life?

-Are there past sins, regrets, or even achievements that are keeping you from running forward? How can you “forget” them biblically?

-What one habit or discipline could you start or renew this week to help you strain toward Christ? Is there a specific area of your spiritual life where you need to “press on” right now?

-How can we, as a small group, help one another to keep running the Christian race and press on toward the goal?