

1 Thing

Press On



Talk It Over

Message Summary ...

Surrounding ourselves with a supportive, faith-based community allows us to let go of our past successes and failures and encourages us to press forward with the purpose and calling that Christ has put on our lives.

Key Scriptures ...

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

¹⁵ Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. ¹⁶ But we must hold on to the progress we have already made.

¹⁷ Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.

Philippians 3:13-17 (NLT)

Start Talking ...

Find a conversation starter for your group.

- What's the funniest or most memorable 'yips' moment you've ever had, where you got in your own head and things didn't go as planned?
- Watch this week's Sermon Refresh: [Here](#) (Available Mondays)

Start Thinking ...

Ask a question to get your group thinking.

- Read [Philippians 3:13-17](#), [Philippians 3:4-6](#), & [Luke 9:62](#)
- How do these verses encourage us to move past our past and focus on what lies ahead?

Start Sharing ...

Choose a question(s) to create openness.

- Can you think of a time when you had to let go of a past mistake or success to move forward? What helped you make that shift?
- Is there something from your past (either a success or a mistake) that is currently holding you back from what God has planned for you?
- What are some practical ways we can support each other in focusing on God's calling and leaving our past behind this week?

Start Praying ...

Heavenly Father, we thank You for guiding us to focus on Your calling. Help us let go of past successes and failures and press forward with purpose. Surround us with a supportive community that encourages us to keep You at the center of our lives. Amen.

Start Doing ...

- **For You:** Challenge yourself to identify one past success or failure that you often dwell on. Write it down, pray over it, and then physically discard the paper as a symbol of letting go.
- **For Others:** Invite someone to join your group and ask everyone in your group to pray that they join you in the weeks to come.