



Q- Are you still growing?

James 1:16a (NIV)

**Today's Truth: Life is a gift to be given.**

Matthew 20:20-28 (NIV)

**Life is A Gift to be given when we discover...**

⇒ **Living is in the learning.**

Philippians 3:4-6 (NLT)

Philippians 3:7-8 (NIV)

Philippians 3:10a (NLT)

Philippians 3:10b (NLT)

Philippians 3:12 (NLT)

⇒ **Gaining is in the letting go.**

Philippians 3:13 (NLT)

⇒ **Finishing well is pursuing our high calling.**

Philippians 3:14 (NLT)

⇒ **Succeeding is through setting the example.**

Philippians 3:15-17 (NLT)

**This Week's Spiritual Practice: Find others and invite them to grow with you.**



**Study & Discussion for your next Small Group/Watch Party**

**Theme:** *Press On!*

**Share Together:** What is a goal, project or dream that you have accomplished? What sacrifices were made to achieve it? What was

the result and feeling it gave you?

**Reflect Together:** What impacted you the most from Sunday's message, and how were you able to apply this week's Spiritual Practice?

**Read Together:** Philippians 3:7-14

**Discuss Together:**

- Paul was a very religious person before knowing Christ. What is the difference between being religious and knowing Christ? Why is this a challenge for people to grasp even today?
- What loss does Paul mean so that we might gain in knowing Christ? How does this impact us in our daily life today?
- How can we truly know Christ and the power of His resurrection?
- Paul states in verse 10 that he wants to participate in Christ's sufferings. What does it look like to participate in Christ's sufferings in the United States? Does "suffering" differ depending upon perception?
- What does Paul mean in verse 12, "Not that I have already obtained all this or been make perfect" and how does that speak to you as you grow towards Christlikeness?
- What is helpful from what Paul says in verse 13, "this one thing I do" as we deal with our past mistakes or sin but not dwell on it?
- What is an example of learning from your past that has helped you today?
- When Paul uses the language to "press on" when running a race, what is His goal? How is the goal the same for us?
- What ways have you found to press on in your faith in knowing Christ that are helpful to share with the group?
- What "walls" have you hit that you need prayer for so you can press on toward your heavenward calling in Christ this week?

**Pray Together:** Share updates of God answering prayer and requests to pray for.

