



# RESILIENT JOY

## A STUDY IN THE BOOK OF PHILIPPIANS

### SERMON NOTES PEOPLE WHO MAKE PROGRESS

Philippians 3:12-21

You are in the **race**—so run to **win**!

*“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Philippians 3:12-14)*

Keep this in mind:

- God’s grace is both a **gift** and a **responsibility**.

*“...I press on to **take hold** of that for which Christ Jesus **took hold** of me.” (Philippians 3:12)*

- The journey is about **progress** not **perfection**.

*“Not that I have already obtained all this, or have already **arrived at my goal**...” (Philippians 3:12)*

*“All of us, then, who are **mature** should take such a view of things.” (Philippians 3:15)*

- To move **forward**, you have to leave some things **behind**.

*“...But one thing I do: **Forgetting** what is behind and **straining** toward what is ahead...” (Philippians 3:13)*



# RESILIENT JOY

## WEEK NINE DEVOTIONAL

### OVERVIEW OF THE PASSAGE

Today, as we take the “next step” in our re-entry plan, let’s talk about taking next steps in following Jesus. In the middle of Philippians, Paul gives us insight into his own life experience. While Paul’s example may seem intimidating, his life shows us that we don’t need to be perfect, rather we need to be people who make progress. In his story we see that people who make progress acknowledge that they are “in process.” Likewise, they focus on the future and keep their eyes on the goal. Finally, they have role models who help them along the way. So, what does it look like for you to make progress?

### FAMILY TALK

*(Use these questions to prompt conversation with your family after the sermon.)*

1. When is your Christian life complete or done? How do you continue to live for Christ?
2. How do you measure the growth and closeness of your relationship with Jesus?
3. What does Paul mean when he says, “forgetting what is behind and straining toward what is ahead?” How do you live on earth as a believer, while keeping eternity in mind?
4. When Paul says “our citizenship is in heaven” (v. 20), what does that mean? What does that look like in your life?
5. How can you live out your relationship with Christ practically this week? What are some ways you could elevate Christ over yourself in your thoughts, actions, and relationships?

### GOING DEEPER / PERSONAL DEVOTIONS

*The “Going Deeper” devotional that accompanies the sermon series provides questions for study, reflection, and application. Plan to take several days to answer the questions giving you more time to process and integrate the passage into your life in a more meaningful way.*

#### **Background to the Study:**

View the Bible Project overview on Philippians to get a better idea of the content of the book.  
<https://bibleproject.com/explore/philippians/>

Phil. 3:12-21

Read the passage and highlight the words or phrases that impacted you the most. Take time to reflect on those words and ask the Spirit to show you what he is revealing to you from this time in the word.

### **Information Questions:**

1. Paul writes that he is pressing on toward the goal. What is the goal to which he is referring?
2. How would you define the phrase, “live up to what we have already attained”? What does that mean for your daily Christian walk?
3. What does it mean to live as an enemy of the cross? Do you think that it’s possible for a believer to live as an enemy of the cross?

### **Reflective Questions**

1. Paul writes that he presses on to take hold of that for which Christ took hold of him. Take time to reflect on what it means that Christ has taken hold of you.
2. Are there things that you need to forget and put behind you so that you can press on toward the goal to which God has called you?
3. How is the power of Christ transforming you from who you were to becoming like his glorious body?

### **Application Questions**

1. What are some next steps you can take to help you move toward the goal to win the prize to which God is calling you?
2. Think of people who have been an example of Christ to you. Take time to thank God for their example and then thank them for their impact on your life.



# GROUP DISCUSSION QUESTIONS

1. Why is it challenging to put things behind us and press on toward the goal for which God has called us? How would you define the “prize” that Paul mentions?
2. Discuss what it means to “live up to what we have already attained”? Is this thought encouraging or unsettling?
3. Why is it important to have human examples of Christ in our lives?
4. Give examples from other verses in the book of Philippians that would define the pattern that Paul refers to in verse 17.
5. Contrast the person who lives as an enemy of the cross with someone whose citizenship is in heaven.
6. Share how you’ve seen the power of Christ enable you to bring everything under his control and experience transformation in your spiritual journey.

**IF YOU HAVE TIME, PREPARE YOUR HEART FOR WORSHIP  
ON JULY 19 BY READING PHILIPPIANS 4:1-3.**