



One Thing

1. Forgetting what lies behind

2. Straining towards the prize that is Jesus

1. Review

On Sunday we looked at how Paul exhorts us to live a life free of the past full of future hope of who we are in Jesus

Are we prepared to step into a new season with freedom and determination to press into who we are in Jesus?

2. Read

1. **Philippians 3**

2.1 Forgetting what lies behind

- Don't allow the past to shape our identity
- Forget our confidences if that are not in Jesus
- Don't be constrained by Past failure
- Don't be constrained by Past Hurts
- Don't be constrained by Past Comforts

2.2 Strain towards the prize that is Jesus

- Not that we have already attained the full prize
- But we can hold true to what we have already attained
- Jesus is the prize

3. Reflect

- What past failures, hurts or comforts constrain fill you with fear, anxiety or occupy your thoughts the most?
- What anxieties if any do you have about coming out of lockdown or embracing the great commission?
- Where is your confidence as a person? Role, lifestyle, family, job, social security, relationships ...?
- Is Jesus your great prize? What else competes with this?
- What does it mean to strain for more of this prize?
- How would this change your lifestyle?

4. Respond

As a group spend some time in prayer and reflection on what you have learned and come into the presence of God. Allow the Holy Spirit to use your gifts to encourage and bless each other.

Take some time as a group to allow the Holy Spirit to minister, identify and move any burden in your life that stops you enjoying the peace and freedom of being a child of God.

5. Reach

What is holding you back right now from enjoying sharing your hope?