



Life Guide

applying God's Word to life

Pressing on Toward the Goal
October 18th, 2020

Philippians 3:10-14

¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and so, somehow, attaining to the resurrection from the dead. ¹² 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. ¹³ 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, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

1. Do you have a memorable race story? Either an epic finish or a tragic burn-out in the middle of the race?
2. I ran across a statistic that said: Half of Americans are facing burnout in their jobs, especially due to factors related to COVID- 19. The heightened stress is hard to escape. How are you doing? (If your answer is “Good,” my follow up question is, “How are you really doing?”)

3. Running is 90% mental. Since Christ our Savior has already run our race for us, we have a huge advantage. We know what we can expect in the race. 1) His power 2) His pain 3) His reward. How does each of these prepare and help you in the race?
4. In Rocky 3, Rocky Balboa has achieved the heavyweight title and all the fame that comes with it. His training gets lax. His mind gets weak. He soaks in the glory for a while... and then he gets clobbered by Clubber Lang. After an embarrassing knockout, he spends the rest of the movie trying to get back the “Eye of the Tiger,” his competitive edge, his hunger for the goal. Why is it so easy for us to lose the “Spiritual Eye of the Tiger”? How do we keep it?
5. We can't afford to look backward during the race because we've got two spiritual enemies trying to overtake us. 1) Pride in our accomplishments 2) Guilt and regret from our failures. Why are each of these enemies so dangerous to look back at?
6. Trying harder when there is nothing in our tank will only result in burning out faster. There is, however, an unending source of energy, Christ's power. What are the times and ways during your week that you will use to tap into this source? (Don't kid yourself with generalities. Make regular appointments with God and keep them!)
7. God has called us heavenward in Christ. He has called us to receive the reward. That much is sure—the victory is ours! But the race is still yet to run. How do we keep these thoughts balanced so that we continue to press on and also continue to rely totally on Christ's finished work?