



Sermon Discussion Guide

Title of the Sermon: Pressing On

Series Name: Philippians: Unshakeable Joy

Main Text: Philippians 3:12–21

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

- What was one New Year’s resolution you made this year? Are you still going, or have you stopped?
- When life gets exhausting, what’s your natural tendency—push harder, quit, distract yourself, or ask for help?

Leader’s Note

The Christian life is not a short sprint—it’s a long race. In Philippians 3:12–21, Paul speaks honestly about the struggle to grow, the danger of getting stuck in the past, and the need to stay focused on Christ. This passage encourages us to keep moving forward—especially when the race feels hard.

1: If You’re Alive, You Haven’t Arrived

Key Scripture

“Not that I have already reached the goal or am already perfect...”

— **Philippians 3:12**

Discuss

1. Why might someone begin to feel spiritually “settled” or satisfied with where they are?
2. How does spiritual self-satisfaction slow down growth? Why is it important to remind ourselves that we haven’t yet arrived?
3. What’s one area where you sense God still wants to mature you right now?

Leader’s Note

Even after decades of following Jesus, Paul says he hasn’t arrived. Growth is a lifelong process. The goal isn’t perfection today—it’s steady progress toward Christlikeness.

2: You Must Quit Living in the Past

Key Scripture

“Brothers and sisters, I do not consider myself to have taken hold of it. But one thing I do: Forgetting what is behind ...”

— **Philippians 3:13**

Discuss

1. Which is harder for you to forget—past failures or past successes? Why?
2. How can living in the past keep us from obeying God in the present?
3. How can we allow our past successes to encourage us, without living in the past?

Leader’s Note

You can’t run forward while staring backward. Paul doesn’t deny the past—he refuses to live there. God calls us to learn from yesterday but follow Him faithfully today.

3: Keep Your Focus on the Prize

Key Scripture

“But one thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize of the upward call of God in Christ Jesus.”

— **Philippians 3:13-14**

Discuss

1. Paul reminded himself that he had “one thing” to do: What are some distractions that pull our focus away from Christ?
2. Why is focus such a big part of spiritual progress?
3. What’s a change you will make to re-center your life around “one thing”—Jesus?

Leader's Note

Paul's life wasn't aimless—he had a clear direction. When Christ becomes the focus, everything else finds its proper place. The prize isn't applause from the world—it's becoming like Christ and finishing faithful.

How to Keep Your Focus on Christ

Four Practical Ways

- Don't Run the Christian Race Alone (*Philippians 3:15*)
- Find a Godly Example to Follow (*Philippians 3:17*)
- Avoid the Distractions of the World (*Philippians 3:18–19*)
- Focus on Your Future with Jesus (*Philippians 3:20–21*)

Discuss

1. With these principles in mind, what's one thing you want to implement in your walk with Christ?
2. What is one "distraction of the world" that tends to pull your attention, energy, or affection away from Jesus?
3. Who is one person that helps you run well spiritually (a friend, mentor, small group, spouse)—and how can you lean into that relationship more intentionally?
4. How does remembering that "our citizenship is in heaven" change the way you face stress, pressure, or disappointment today?

Leader's Note

Paul doesn't just tell believers to press on—he shows us how. Community, godly examples, and guarding our hearts from worldly distractions help us stay steady. And when our eyes are on eternity—on Jesus and what He has promised—our strength and perspective are renewed to keep running.

Closing Prayer

Jesus, thank You for calling us into Your race and not leaving us alone to run it. Help us keep growing, let go of the past, and stay focused on You. Guard us from distractions, strengthen us through Christian community, and fill us with hope as we remember our future in heaven. We lift up the needs shared in our group today and ask for Your comfort, strength, and direction. Amen.