

The Upward Life | CG Notes

Discussion starter: What has been one of your greatest feats of endurance? (e.g. a race, school, parenting, etc.)?

Review & Explore

Read Philippians 3:12-16

1. What is the “this” and “it” of verse 12?
2. Why might “forgetting” (v. 13) be important for your spiritual growth?
3. Paul uses some vivid language here: “straining forward,” “press on” (vv. 13-14). What do these words suggest about the nature of the Christian journey?

Read Philippians 4:4-9

4. Why does Paul tell them *twice* to rejoice? (Actually, three times... see Phil 3:1).
5. What is “supplication”?
6. According to Paul, what leads to “peace”?

Apply

Pick a few of these to consider:

1. Where in your life do you need to forget what lies behind and press on towards Christ?
2. Paul say to stop being anxious and start rejoicing; can someone command such things?
Why or why not?
3. What are some practical ways we can stir up our affections (i.e., “rejoice”) in the Lord?
4. What keeps you from a more vibrant prayer life?
5. What are some “lovely” and “commendable” things you can or should think on more?
How might you form a habit of thinking on these things?