

# Philippians: To live is Christ.

## Session 13: Running the race (Phil. 3:12-16)

Icebreaker: Have you ever competed in a race?

- 1) Read Jeremiah 1:4-7 and Psalm 139:15. If you look at yourself, how you look, your personality, your upbringing, do you find it easy or difficult to believe that you are custom made by God? Why do you think this is?
- 2) How can we encourage ourselves and those around us to acknowledge that we are not here by chance, that our lives aren't a mistake and that God had taken hold of us?
- 3) On Sunday we spoke about three questions that can be helpful in determining what God's purpose for your life might be. What would your answers be to the following questions:
  - a) What is in your heart? (What is it that your heart of hearts wants to see God doing?)
  - b) What is in your head? (What ideas, thoughts, and plans do you have to see change in this area?)
  - c) What is in your hand? (What resources, skills and abilities do you have?)
- 4) In Philippians 3:13 Paul admits that he is "not there yet," Read 1 Corinthians 12:15-21. What are the dangers in comparing ourselves to others?
- 5) Do you think Paul's life would have looked different if he allowed himself to be controlled by his past? Have you ever felt that your past disables or disqualifies you from serving God?
- 6) Do you fix your mind on the things God has for you, or are they temporary and passing thoughts in the mist of the business of the world we live in? Have you ever been guilty of "assuming someone else will do it" or "being so busy that you haven't taken time to be WITH God?"
- 7) Maybe not to share with the group, but think about things in your life that may cause you to stumble? At the end of your life do you want to be able to say the words of Paul in 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."?