

My Life

Read Philippians 3:13-14. The Apostle Paul is saying, “I have not yet arrived at spiritual maturity and Christlikeness. But while I am on that journey to that goal, I am . . . ”

a. _____ ing

b. _____ ing

c. _____ ing

What bad things, bad experiences, or sins haunt you still today on occasion?

God’s Truth

What comfort do you find in these Bible verses?

Psalm 103:12

Isaiah 1:18

Romans 8:1-2

2 Corinthians 5:17

My Life

Why was Paul concerned about forgetting good things in life as well as the bad?

How can good things—honors, achievements, and success—keep you from growing as a Christian?

God’s Truth

What perspective on the good things of your life does Philippians 3:13-14 give to you?

What does Philippians 4:8a—the charge ‘to think on what is true’—say to you about your past glories?

Read Philippians 3:4-6, and then verses 7-8. What does Paul’s experience teach you?

My Response

Remember these three steps to forgetting:

1. Find the good—as God defines it
2. Find forgiveness for yourself
3. Forgive others