

July 5, 2026

Digging deeper: Philippians 3:12-21 (Press toward the Prize)

Slide 1: (8 min)

- Brainstorm all the factors that are important to consider for successfully *completing* a physical race.
- How do I apply these factors to my *spiritual* race?
- Twice, Paul says he “presses on.” How do *you* need to press on in your spiritual race?

Slide 2: (7 min)

Believers are *not* sinless but should strive *to* sin less by taming the desires of our flesh.

- According to verses 13-14, what is Paul’s *incentive* for walking in righteousness?
- What are just a few of the heavenly *rewards* believers can receive when the Lord returns? (see Colossians 3:23-24, Hebrews 10:3, James 1:12; 1 Peter 5:4, Revelation 22:12)

Slide 3: (8 min)

At the end of your Christian race, what type of things can *you* look forward to, like Paul did (Philippians 3:13, 20-21)?

- Genesis 25:8, 25:17, 35:29, 49:33, and 1 Thessalonians 4:13–17
- John 3:36
- Romans 6:10-11
- 2 Corinthians 5:1-4
- Revelation 20:10, 21:1-4

Observations:

Slide 1: (8 min)

- Brainstorm all the factors that are important to consider for successfully *completing* a physical race. (preparation, training, hydration, stretching, food to strengthen my body, the path, road conditions/terrain, what might cause me to be exhausted quicker, distractions, a plan for how to handle when I want to give up)
- How do I apply these factors to my *spiritual* race? (Staying nourished on God's word, instructions, encouragement, and prayer for strength.)
- Twice, Paul says he "presses on." How do *you* need to press on in your spiritual race? (Consistently consider the things that offend God and keep me from growing, quickly confessing my sin, seeking forgiveness from others.)

Slide 2: (7 min)

Believers are *not* sinless but should strive *to* sin less by taming the desires of our flesh.

- According to verses 13-14, what is Paul's *incentive* for walking in righteousness? (Keeping focused on what lies ahead, his heavenly prize, he presses on to achieve that)
- What are just a few of the heavenly rewards that you believers can receive when the Lord returns? (see Colossians 3:23-24, Hebrews 10:3, James 1:12; 1 Peter 5:4, Revelation 22:12) (our deeds, inheritance, reward for suffering for Christ, crown of life for patiently enduring testing/temptations; reward of never-ending joy and honor)

Slide 3: (8 min)

At the end of your Christian race, what type of things can *you* look forward to, like Paul did (Philippians 3:13, 20-21)?

- Genesis 25:8, 25:17, 35:29, 49:33, and 1 Thessalonians 4:13–17 (Gathered with loved ones at death; Abraham, Ishmael, Isaac, Jacob, all believers)
- John 3:36 (Eternal life)
- Romans 6:10-11 (Power of sin broken)
- 2 Corinthians 5:1-4 (new and eternal bodies)
- Revelation 20:10 (Satan removed forever and eternally judged)
- Revelation 21:1-4 (In the presence of God forever; no more sorrow, no pain)