

### **Look Back**

- What steps did you take to repair one relationship in your life? How did you humbly seek unity?

### **Connect:**

- Were you ever surprised to find out that something you thought was worthless had significant value?

### **Look Up:**

#### **Read : Philippians 3:7-11**

- Why do you think Paul shows so much emotion by using extreme examples in this passage? What do you think was his motivation?
- What does Paul say was the reason for his change in perspective? Have you ever experienced anything like this?
- What do you think Paul means when he talks about the “value of knowing Christ Jesus my Lord”? How has your understanding of this changed in the last year?
- Why does Paul talk about being “one” with Christ? What does this mean for people today?

#### **Read : Philippians 3:12-16**

- Try to summarize these verses into one sentence - what are the key thoughts or points Paul is trying to make?
- What is Paul’s motivation for pressing on? How common is this attitude in today’s world? Why do you think this is so and what can be done about it?
- Why do you think that Paul talks about forgetting the past? Based on the rest of this chapter, do you think he has forgotten everything about his past?
- Why do you think he adds verses 15 & 16? What does this say about people and how should we apply this today?

### **Overall (Discovery Bible Study)**

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

### **Look Ahead**

Paul exuded steadfastness... in an age when it gets hard, quit, we have to be different. In what areas of your life has this been the case? Where do you need to grab ahold and grow in being more steadfast as you pursue Jesus and make Him known?

**Leader Notes**

Paul's "flip" was extreme - he changed his name, identity and values. However, not many Christians go through such a dramatic and sudden change. Paul recognized this and was encouraging his readers to focus on what they were gaining and the value of what lies ahead, rather than on what they had accomplished or things that brought instant gratification. By focusing on Christ as our Lord and giving Him control over our thoughts and actions we change gradually over time to become more like Him.

**Leadership tip**

This is a great week to remind and encourage your members to follow through on the weekly action steps. We change only when we stop talking and start doing.