

**A Well Lived Life**  
**“Run To Win”**  
Part 1  
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*“...but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Philippians 3:12b-14 (NLT)*

**1. Forget** \_\_\_\_\_

- Let go of past \_\_\_\_\_

*“For everyone has sinned; we all fall short of God’s glorious standard. Yet God, with undeserved kindness, declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins.” Romans 3:23-24 (NLT)*

- Don’t \_\_\_\_\_ in your \_\_\_\_\_

*“...I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God’s way of making us right with himself depends on faith.” Philippians 3:9 (NLT)*

**2. Look** \_\_\_\_\_

*Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith...” Hebrews 12:1-2a (NLT)*

**3. Press** \_\_\_\_\_

*“But you should keep a clear mind in every situation. Don’t be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you. As for me, my life has already been poured out as an offering to God. The time of my death is near. I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing.” 2 Timothy 4:5-8 (NLT)*

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### Discussion Questions

1. Share a story of a race you won. What did it take? Was it easy? Share a story of a race you lost. Why did you lose? What would you do differently now?
2. Read 1 Corinthians 9:24-27. What do you do to “discipline” yourself so that you may live your life with purpose? How does this help?
3. God instructs us to “forget the past.” What is the danger in looking back? Are there past failures in your life that are slowing you down? How does it make you feel to know that God’s grace erases them all?
4. Read Hebrews 12:1-2a. Why is keeping our focus on Jesus so important? What are a few practical ways we can do that?
5. Share a time in which you were tempted to quit something God had asked you to do. What kept you going? How does knowing a “heavenly prize” awaits us if we press on keep you moving forward?
6. Share your struggles in “pressing on.” Pray for one another asking God for strength and focus to continue on. Thank Him for His help and the prize that awaits us.