

Press, Press, Press, Press, Press

2025-10-19 • PASTOR MATT ROSE



Philippians 3:12-14

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Paul, of all people, writes: not that I have already obtained all this, or have already arrived. Pastor Matt made a great deal of that admission. If Paul had not arrived, nobody in the room has either. The verb Paul chooses, press on, is active and continuous. That separates two things people constantly confuse. Salvation is received without any work at all. The walk that follows takes daily effort. Pastor Matt added a picture from his own injured shoulder: when pressing hurts, you change how you press. You do not stop. And nothing behind you has to be carried forward.

To get started

- What is something you are still working at that you will probably never finish?

Looking back at the message

Two ideas sit side by side here: nothing earns salvation, and the walk takes work.

- 1 Pastor Matt said we act as though faith requires no action once we are saved. Where have you seen that attitude, in yourself or around you?
- 2 Pastor Matt said we do nothing at all to obtain salvation, and that the effort belongs to the walk that follows. How do you hold both of those without collapsing one into the other?
- 3 Pastor Matt described changing how he does push-ups because of an injured shoulder: when pressing hurts, you change how you press rather than stop. Where do you need to change how you press? OPTIONAL

Looking at the passage

Read Philippians 3:12-14 aloud. Note the tense of the verbs.

- 4 Read Philippians 3:12. What does Paul admit about himself before he says anything else?
- 5 Verse 13 says forgetting what is behind. What kinds of things belong on that forget list, both failures and successes?
- 6 The phrase press on translates a continuous verb, something you keep doing, not something you finish. What difference does that make to how you read the verse?
- 7 Paul says he presses on because Christ Jesus took hold of him first. Where does that put the starting point of all this effort? OPTIONAL

Bringing it home

Both perfectionists and coasters are in the room. This passage speaks to both.

- 8 Everyone leans one of two ways: trying to earn what you already have, or coasting because you already have it. Which is your risk?
- 9 What is behind you that you are still carrying forward?
- 10 Pastor Matt said sometimes you have to reach the end of your own capacity before God steps in. When have you experienced that?
- 11 What would pressing on actually look like for you this week? Name something concrete.

The group together

Paul admits he has not arrived. That admission is what makes a group safe.

- 12 Paul says plainly that he has not arrived. What would change in this group if everyone here could say that out loud?
- 13 How does a group help someone keep going when they have stalled?
- 14 What is this group pressing toward together, if anything?

BEFORE YOU FINISH

What is one thing behind you that you want to stop carrying, and one thing ahead you want to press toward?

You might pray about

- For those who feel they should have arrived by now
- For what we are still dragging behind us
- For effort that comes out of gratitude rather than fear
- For endurance in something that has taken longer than expected