



**Press On, Don't Look Back**  
**Pastor Tosha Zwanziger 03.15.2026**

**USING THIS SERMON DISCUSSION GUIDE**

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

***[Philippians 3:12-21] NIV***

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things. And if on some point you think differently that too God will make clear to you. Only let us live up to what we have already attained. Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

***[1 Corinthians 9:24] ESV***

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it.

***[1 Corinthians 9:26-27]***

Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

**[Galatians 6:9]**

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

**1. Pursue Jesus with all you have**

**[Philippians 3:12]**

“Not that I have already obtained this or am already perfect, but I PRESS ON to make it my own, because Christ Jesus has made me His own.”

**2. Forget what’s behind you**

**[Philippians 3:13]**

“But one thing I do: forgetting what lies behind and straining forward to what lies ahead.

**3. Focus on the Goal**

**[Philippians 3:14]**

“I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

**{Philippians 3:17-19}**

Brothers and sisters, join in imitating me, and keep your eyes on those who walk according to the example you have in us.

**As Christians we all need:**

1. Coaches (people out ahead of us)
2. Co- Runners (people beside us)
3. The crowd (people cheering for us)

**[Hebrews 12:1]**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

**Key Points:**

- 1. Pursue Jesus with all you have**
- 2. Forget what’s behind you**
- 3. Focus on the Goal**

**Applications for the Week:**

Who is a "coach" in your life, someone who models faithfulness and can speak into your blind spots? If you don't have one, what is a practical step you could take to find one this week?

## Discussion Questions:

1. What two specific actions does Paul say he is doing in his spiritual life in Philippians 3:13
2. What is the ultimate goal or "prize" that Paul is straining toward, according to Philippians 4:14?
3. What are the "three C's" of support that were described as essential for running the Christian race well?
4. Why is "forgetting what is behind" just as important as "straining toward what is ahead" in the life of a believer? What kinds of things from the past can hold a person back?
5. Pastor Tosha described our Christian life as a race that requires aggressive, disciplined effort, not passive drifting. Why do you think this level of intensity is necessary?
6. How does remembering that our "citizenship is in heaven" (Philippians 3:20) change the way we run the race here on earth?
7. Who are your "co-runners" the people running the race beside you who encourage you and hold you accountable? How can you intentionally lean into that community this week, and how can you be a better co-runner for someone else?
8. Are you currently carrying a burden or weight that is slowing you down in the race? What would it look like to release that to Jesus today and receive His "infusion of faith" to press on?