



## Focus, Focus, Focus

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Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, 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.

*Philippians 3: 12 - 14*

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

1 John 1:9

2. Forget \_\_\_\_\_

Ephesians 4:32

3. Forget \_\_\_\_\_

4. Focus on \_\_\_\_\_

### LifeGroup Questions:

1. Why would Paul and other authors use the word-picture of life as a race?
2. Which of those three distractions – guilt, bitterness, or pride – is most prevalent in your life? Why?
3. What are some other ways that you can be using your time, talent, and treasure for God's glory?
4. Every runner in a race needs encouragement. What are some creative ways that you can be encouraging each other in your LifeGroup?