

# Beyond Sunday

5.31.2026

**"Press On Toward the Prize" — *Philippians 3:10–21* — Mark Turney**

## Gather

*These questions are meant to help your group connect personally and begin thinking about the themes of the sermon.*

1. What is something difficult or challenging you once completed that ended up being worth the effort?
2. Have you ever gone through a season where you felt spiritually energized and excited... and another season where you felt spiritually tired or discouraged? What was different about those seasons?

## Grow

*These questions guide your group through scripture from Sunday's sermon and help us better understand God's Word and His work in our lives.*

### **1. Read *Philippians 3:10–21* together.**

- Paul had followed Jesus for decades, yet he still says, "I want to know Christ."
- What do you think Paul means by "knowing" Christ?
- How is knowing Christ different from simply knowing information about Him?
- Why is it important that Paul says, "Christ Jesus took hold of me" before saying "I press on"?
- How does remembering God's pursuit of us shape the way we pursue Him?

### **2. Looking at verses 12–14: Paul compares the Christian life to a race and says he is "pressing on toward the goal."**

- What are some things that can distract us from pursuing Christ wholeheartedly?
- Why do you think joy is a stronger motivator than guilt or obligation?
- The sermon compared following Jesus to discovering treasure hidden in a field (Matthew 13:44). What "treasures" compete for our attention and affection today?
- Have there been moments when Christ felt especially precious or real to you? What helped cultivate that?

### 3. Read verse 13–16.

Paul says: "Forgetting what is behind and straining toward what is ahead..."

- What kinds of "looking backward" can hinder us spiritually?
  - Regrets or failures?
  - Past wounds?
  - Nostalgia for earlier spiritual experiences?
- Why do you think the "middle miles" of faith can be especially difficult?
- What does it practically look like to "fix your eyes on Jesus" in discouraging seasons?

### 4. In verse 17, Paul says: "Join together in following my example..."

- Why is vulnerability important in the Christian life?
- What keeps people from honestly sharing their struggles?
- Describe a time someone encouraged you spiritually when you needed it most.
- How can our group become a safer place for honesty, encouragement, and perseverance?

### 5. Read verses 18–21.

The German word *Sehnsucht* means a deep longing or ache for something transcendent.

- Have you ever experienced this kind of longing in your walk with God?
- Why might mature believers feel both deeper joy and deeper longing at the same time?
- Paul warns against turning to earthly things to soothe our ache. What are some common ways people try to numb spiritual longing?
- How does the promise of resurrection and future transformation give hope for today?

## Give / Go

*These questions help us apply the sermon takeaways and live differently this week.*

1. What is one area of your life where you need to "press on" instead of giving up?
2. Is there something from your past that you need to stop looking back toward in order to follow Jesus more freely?
3. What is one practical step you can take this week to keep your eyes fixed on Christ?
  - Spending intentional time in prayer or Scripture?
  - Reaching out to a trusted friend?
  - Confessing discouragement or struggle?
  - Serving or encouraging someone else?
4. Who is someone you can encourage this week to keep running the race of faith?

# Prayer

## Scripture Prayer

Pray Philippians 3:13–14 over one another:

“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 heaven”

Share with the group where you are struggling with weariness and a relationship or situation where you need God's renewal to press on.

## Going Deeper

*If you are interested in exploring the themes of this week a bit deeper, check out one of these resources:*

### Book

- *A Long Obedience in the Same Direction* by Eugene Peterson
- <https://a.co/d/06JgDXY9>

### Video

- *Philippians 3:12-21* with Jo Saxton
- Link to specific video in RightNow Media: <https://app.rightnowmedia.org/en/player/video/368582?session=369163&position=0>
- Don't have an account? Join here: <https://app.rightnowmedia.org/en/library/default>

### Practice

- ***Take a “longing inventory.”***
- Spend time journaling:
  - What am I truly longing for?
  - What am I using to soothe or distract myself?
  - How might my longing actually be pointing me toward Christ?