

The questions below are designed to be used by Saylorville Church Cell Groups as they meet during the week following the Sunday morning message at Saylorville. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group. The Sunday message and these questions can be found each week at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- In your experience, what are some of the keys to a great physical workout routine?
 - What kind of goals might people have when they begin a workout regiment?
- New Testament writers often use “athletic” word pictures to describe the Christian life. What are some ways that physical and spiritual exercise is similar? How are they different?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** the notes you took on Sunday. What is **one thing** that sticks out to you about what you heard?
- **Read** Philippians 3:12-16. In his message, Pastor Pat challenged us with **four requirements to succeed in the race toward the ultimate prize**.

1. Divine Dissatisfaction (Philippians 3:12-13a)

- a. According to the Apostle Paul, what is the **ultimate prize** for the Christ-follower? Re-read verses 10-11 for a little more context.
- b. Someone has said, “The Christian life is more about our progression than our perfection.” Be honest with your group - how have you made progress toward the **ultimate prize** in the last year? Month? Week?

2. Divine Disregard (Philippians 3:13b)

- a. Pastor Pat said, “Concentration on the past is the momentum killer of the present.” Are there people, events, or circumstances in your past that are preventing you from growing in the present?
- b. What can you do this week to put your past in its place instead of letting it define you?

3. Divine Determination (Philippians 3:13c-14)

- a. Tell your group about a time when you were determined to accomplish something - a goal, a task, a discipline, etc. What did you do in order to achieve that goal? What were some things that distracted you?
- b. Think about your relationship with Jesus. Do you tend to be determined, or distracted? Encourage the rest of your group by sharing some personal struggles and victories.

4. Divine Discipline (Philippians 3:15-16)

- a. Using this passage and others, come up with a biblical definition of a “mature” believer.
- b. If it’s true that “the key to forgetting what’s behind you is the focus that’s before you,” how will you make space this week (in your schedule, your wallet, your energy, etc.) to live in focus?

PRAY WITH EACH OTHER (5-15 MINUTES)

- Pray that your group will keep moving forward, focused on the ultimate prize, despite the distractions.

MEMORIZE FOR NEXT TIME

- *Philippians 3:14 - “I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*

