

Saturday & Sunday, January 27 & 28, 2018 - "Resolve Week 3 - Forget the Past" - Doug Kempton

Key Passages: Ephesians Philippians 3:12-14, Hebrews 12:1-2

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- One Word Challenge: Keep the word front and center
- Philippians 3
 - Intentional about knowing Christ
 - Press on...we have to have this mentality to be able to keep going
- v12-14
 - Forgetting what lies behind but straining forward to what's ahead
 - We sometimes look to the wrong thing as the end goal
 - The end/prize
 - Surpassing greatness of knowing Christ
 - 3rd safeguard: FORGET THE PAST ...it's complicated
 - It doesn't mean forget everything
 - God calls us to remember
 - Some things we are meant to forget or let go of
- Hebrews 12:1-2
 - Throw off anything that hinders
 - We try to run but we are weighed down by things
 - What are the blocks that we are carrying and preventing us from running unencumbered
- 4 Blocks
 - 1) Shame (shame is different than conviction)
 - Conviction = you did something wrong
 - Shame = you are something wrong (dirty, tarnished, less than)
 - 2) Sin: a willful desire to do what you want (the thing that has a grip on you)
 - 3) Unforgiveness
 - Forget in this context sounds like overlook (overlook an offense)
 - Sometimes we hold onto what others have done to us
 - When you become upset do you become "historical" → unforgiveness
 - 4) Secrets
 - It takes emotion and mental energy to protect your secrets
 - Is there a part of your life that no one knows?
 - Does anyone know everything about you? (D-group)
- It all comes back to Jesus
 - The more we focus on Him the more we can throw off the weight that we are carrying
 - "Come to me if you're weary and tired and I will give you rest"

Questions (Feel free to use all of these, some of these, or none of these)

1. Has God given you a word for 2018? Talk about your word and what it means for you
2. What does forgetting what lies behind mean for you?
3. What are some of the things God has called you to remember?
4. Are there "blocks" that you need to lay down and let go of? Are you willing to share any?
5. How have you benefited from having someone in your life that knows everything about you? If you don't have someone, how do you think God could use a person like that in your life?
6. What is God inviting you into as a result of this passage or message?

****15 Minutes with God Reading Plan-**

Mon: 1 Corinthians 5 Tues: 1 Corinthians 6 Wed: 1 Corinthians 7 Thurs: 1 Corinthians 8 Fri: 1 Corinthians 9