Table Talk

THE ONE THING THAT CHANGES EVERYTHING PART 7

Discussion questions and conversation starters based on this weekend's sermon!

1. Paul said "one thing I do" — not ten things, not a full strategy. What do you think it looks like to live with that kind of singular focus in everyday life?

2. What's something from your past that you keep bringing up even though everyone around you is ready to move on?

3. Is there anything in your past — good or bad — that you're still holding onto in a way that might be keeping you from moving forward?

4. Paul was shipwrecked three times. What's the most dramatic series of things that has ever gone wrong for you in a short period of time?

5. Paul wrote Philippians from prison. How do you think someone in that situation writes about pressing on with such genuine joy and focus?

6. If your life had a "press on" moment — a time you kept going when everything said stop — what would it be?

7. What's a past success or identity that you've struggled to move beyond — something that defined you then but might be limiting you now?

8. How much of your energy this week has been invested in earthly things versus eternal ones?

9. Paul listed an extraordinary amount of suffering in 2 Corinthians 11 and still kept pressing on. What do you think kept him going — and what does that tell you about what's possible for you?

10. WOn a scale of "eyes fixed on the prize" to "I've been looking backwards for six months," where are you right now?