

1. Why is it significant that Paul says, “Not that I have already obtained this or am already perfect,” near the end of his life and ministry?
 - a. What does this teach us about spiritual maturity?
2. What are some ways both failure and success can keep a person spiritually stuck?
 - a. Which do you think is more dangerous and why?
3. Paul says he is “forgetting what lies behind and straining forward to what lies ahead.”
 - a. What does “forgetting” mean in this context? What do you think it does not mean?
4. How can nostalgia become a form of spiritual stagnation? Have you ever seen someone living more from past experiences than present pursuit of Christ?
5. Verse 14 describes Paul “pressing on toward the goal.” According to this passage, what is the “prize” Paul is pursuing?
6. Paul says mature believers “think this way” (v.15). What mindset marks spiritual maturity according to Philippians 3:12-16?
7. In verses 18-19, Paul warns about people whose “god is their belly.” What kinds of appetites or desires commonly compete for our worship today?
8. What does it mean to have your “mind set on earthly things”? How can a Christian recognize when earthly identity or achievement is becoming too important?
 - a. Paul contrasts earthly-minded living with heavenly citizenship (vv.20-21). How should remembering our citizenship in heaven shape our priorities, anxieties, and daily decisions?
9. Where do you personally sense God calling you to “press on” right now instead of settling, coasting, or looking backward?