

**ST. BARNABAS CHURCH, SWANLAND**  
**SMALL GROUPS NOTES**

*Sharing Christ through friendship*

**Week beginning 7<sup>th</sup> March 2011 Reading: Philippians 3 : 12-19**

**Theme: .... Worn Out**

<b>Welcome/ icebreaker</b>	In your dreams of the ideal life, are you more like the pioneer (always pushing on) or the settler (settling down)?
<b>Worship</b>	Pick worship songs which lift your spirits and give you renewed courage and vigour to run the race!
<b>Word (refs.↓)</b>	
Phil 3 : 12-14	Using the imagery of a track race where does Paul picture himself in spiritual life?
	What prize is he after?
	Who do you look to as an example of Christian Living? Who are you trying to be an example to?
Phil 3 : 12b	<i>“to press on to take hold “</i> what does Paul mean by this statement?
Phil 3 : 13	Paul realized that he wasn't perfect, but he was not content to let that cause him to sit still on the Lord. Too many people will get discouraged with the lives they are living and will just quit on God .. and say they are worn out. Do you know of any people who have given up? (local or national figures?)
Phil 3 : 13a	Most of us are pulled and tugged in a thousand different directions – which direction are you been pulled in? Why do you believe this?
Phil 3 : 13b	“Forgetting what is behind and straining toward what is ahead” Why did Paul refuse to look behind at his past?
Phil 3 : 14a	Did Paul indeed press on toward the goal to win the prize? <b>Read 2 Timothy 4:6-7</b>
Phil 3 : 15-16	In these verses Paul is simply telling us that this is the mature Christian attitude! Does this match your attitude of what the Christian life is supposed to be?
Phil 3 : 18	In today's society, who would you say the “enemies of the cross” are?
	What does it mean to be a citizen of heaven and heir of God's Kingdom?
	What do you look forward most to when you think about heaven?
<b>Witness</b>	If we are to succeed in the Christian life and honour God by the lives we live, then we are going to have to run the race His way. We will have to run with our eyes upon Him. We will have to learn to turn a blind eye to the desirable things of the world and a deaf ear to the siren song of compromise. If we will attain the prize of Christ likeness, then we will have to pay the price of dedication and struggle. It will be a hard fought victory, but in the end, when we see His face, it will be worth it all!