



# LIFEGROUPS

Series: *Stand Alone Message*  
Message: *A Man and His Strength*

Scripture: *Philippians 3:12-14*

Date: June 16-17, 2018

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—[ LET'S START ]—

At the beginning of his sermon, Pastor Dale talked about Roger Bannister's epic accomplishment of being the first person to run a four-minute mile. Bannister did what sports commentators and physiologists believed couldn't be done. What are some other human accomplishments that astound you?

—[ LET'S TALK ]—

1. Read Philippians 3:12-21 as a group. Pay special attention to verses 12-14, reading those verses phrase by phrase. Pause as a group after each phrase and ask yourselves what Paul meant when he wrote each of them. How is the Christian life like the race that Paul writes about?
2. Pastor Dale talked about barriers that get in the way of us experiencing the fullness of Christ. How have you seen barriers get in the way of your relationship with God? How have barriers made your human relationships difficult?
3. How has Christ given believers the extraordinary strength to overcome the obstacles of life and finish well? How do we forget the past and strain toward what is ahead?
4. Read 2 Corinthians 5:17. What are some of the practical implications of this verse? What makes it difficult to truly embrace the promise of this verse?
5. How does living life with the finish line in mind impact the way that we live our day-to-day lives? (See Hebrews 12:1-2)
6. Pastor Dale shared his own spiritual disciplines when talking about the importance of having a schedule and sticking to it. What are some of your practices for growing in your relationship with Christ? How do time, discipline and determination fit into your practices? (See 1 Cor. 9:24-27, 1 Timothy 4:7)

