

What does it mean practically for you to live as someone whose citizenship is in heaven?

How do the verses encourage you to keep going (or running) as a Christian?

PRAY

Pray for each other that we would keep our eyes focussed on heaven and that we would live like people whose citizenship is there.

LEARN

“Forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.”

(Philippians 3:13b-14)

Be Running

(Philippians 3:10-4:1)

Use this space to make notes from the talk.

EXPLORE

What words would you use to describe being a Christian?

In Philippians 3:10-4:1, Paul describes a Christian as being like someone who is running a race, with their focus firmly on the finishing line.

Read Philippians 3:10-4:1

What does it mean to know Christ? (v10)

What encouragements does knowing Christ bring? (v10-11)

In what ways is living as a Christian like running a race? (v12-14)

In your own words, describe how Paul runs the race of the Christian life? (v12-14)

For the Christian, what is the prize at the finish line? (v11, 14, 20-21)

What instructions does Paul give in verse 17?

How are those who know Christ different to those '*who are enemies of the cross of Christ?*' (v18-21)

TALK BACK

What are some of things you could do to get to know Christ better?

Who are your role models? Why is it important to have the right role models?