

# RESILIENT



## RACING STRATEGIES

Philippians 3:12 – 17  
Pastor Daniel Hahn  
August 15/16, 2020

## MESSAGE NOTES

*... train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. — 1 Timothy 4:7 – 8*

Running to win...

**Racing rule #1: Wherever you're at — keep going.**

*Regret empties anticipation, flattens dreams, and suffocates hope, because regret is a form of self-punishment. Whereas hindsight helps us learn from the past, regret beats us up with the past. — Alicia Britt Chole, 40 Days of Decrease*

**Racing rule #2: Wherever you've been — move on.**

*I don't know what difficulties you've endured, but they don't have to define you if you will let them refine you. That's the choice: define or refine. And if you let them refine you, God will actually use those negative experiences to redefine you. — Mark Batterson, Soul Print*

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. — 1 Corinthians 9:24 – 25*

*I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed. — Romans 8:18 – 19*

**Racing rule #3: Whatever you do now — don't quit.**

*... the time for my departure is near. I have fought the good fight, I have finished the race, I have kept the faith. — 2 Timothy 4:6 – 7*

**DON'T STOP NOW**

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart. — Hebrews 12:1 – 3*

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## DISCUSSION QUESTIONS

- Was there one main idea that impacted you from the weekend?
- Take some time to check out these other passages: 1 Corinthians 9:24 – 27; Hebrews 12:1 – 2 and 2 Timothy 4:6 – 8. What common ideas run through all of these?
- What adjectives would you use to explain what it takes to be a good athlete?
- Why do you think the analogy of an athlete is a good description of our life in Christ?
- In Hebrews 12:1 – 2, we are instructed to “throw off” everything that hinders us from racing well. What sort of things hinder us in our faith? How do we practically get rid of those things?
- In Philippians 3:12, Paul says he’s striving to take hold of the very thing for which Christ took hold of him. To what is Paul referring?
- What sort of things do you think Paul had in mind when he said to forget what lies behind?
- If someone asked you how to get beyond their past, what direction would you give them?
- In what way should we look to and follow the example of others, and in what sense should we ultimately keep our eyes on Christ? Why are both important?
- This week, what are some real life scenarios where you’ll be challenged to run with perseverance the race God has set before you?