



Sermon Discussion Questions

“Press On” (Phil 3:12-21)

Philippians: Joyful Unity in the Gospel

July 26th, 2026 - Derek Joseph

Sermon Overview

Main Idea

In Phil 3:12-21, God compares the Christian life to a race. A long race. Have you ever been on a long run or a race? Imagine you're in the middle of one. You're out of breath. You're lightheaded. You have to keep wiping sweat off your eyes. You're feeling it in your knees, your ankles. You can't see the finish line and you don't even know how far away it is. Does your spiritual life ever feel like that? Then a friend or a coach shouts across other runners to you - What do you need him to say? God gives us two words in this text. PRESS ON. (x2) Push. Go. Strive. Strain. Press on. That's the point of Phil 3:12-21.

Sermon Outline

1. How did Paul press on? (Phil 3:12-14)
2. How can we press on? (Phil 3:15-17)
3. Why should we press on? (Phil 3:18-21)

Quotations

1739 hymn by Charles Wesley “And Can it Be, That I Should Gain?” - Long my imprisoned spirit lay, fast bound in sin and nature's night. Thine eye diffused a quickening ray, I woke the dungeon flamed with light.

Discussion Questions

Initial Engagement

- What is the main idea of the text, or what did the sermon focus on?
- What insight from the text or sermon stood out to you most? Why?

Deeper Reflection

1. Derek made the point that pressing on can be hard. Do you have times in your life when you felt like pressing on was particularly difficult? How does Paul provide both a motivation and an example for when the going gets tough? In v13, what do you think Paul is referring to when he describes “what lies ahead”? What is the “goal for the prize of the upward call of God in Christ Jesus” in v14?
2. Can you think of times where you have found yourself being complacent in your Christian walk? What motivations can we find in v13 to break out from periods of coasting through life? How can past failures limit our ability to fulfill our mission?



Sermon Discussion Questions

3. God gives us three ways to press on in this text: Think like Paul, don't coast, and imitate Paul. Find examples in this passage for each of these and discuss. Should we expect our paths to be easy? How should the promise of suffering or difficulty impact our mindset? What role can/should the power of the Spirit play?
4. In this text we find warnings about false teaching. How might this impact our ability to press on? What lies do we hear from culture that might cause us to lose hope? What should we do when confronted with the questions and doubts that arise during difficult times?

Final Response

- What is one thing you want to remember or one way you hope to change in light of this sermon or discussion?