



THEME:

How to Run the Race > Philippians 3:12-14 & Luke 15:11-32

CONVERSATION:

1. Do you have 'go-to distractions' when you're trying to procrastinate?
2. Ever been so focused on something you **forgot to eat** or missed an appointment?
 - a. How was that *one thing* able to grab all your attention?
3. Why is it so tough for God (matters of the heart & soul) to get our full attention?
 - a. Are the other distractions we chase more interesting or just easier to deal with?
4. Look at **Philippians 3:13-14** >

No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

- A. Is there a way for us to pursue a career, family, friendships, fun/recreation > all while still focusing on the story Jesus is "calling" us to?
- B. Can you see how the weight of past mistakes could be a big obstacle in running toward the story God intends for us to live?
 - a. Do you agree that **guilt** is: I made a mistake & **shame** is: I am a mistake?
 - b. How could friendships & communities that make honest attempts to love & serve each other correctly help **erase** our shame?
 - c. What needs to happen for us to be those kinds of friends?
- C. **Pray for each other** about (1) letting go of the distractions & mistakes that weigh us down (2) becoming the kind of friends God could use to help lighten the packs of others & (3) living a life focused on what matters most.

TO DO ON YOUR OWN:

- Can you identify shame from a past mistake(s) that's slowing you down in 'running' & focusing on the adventure God intends for you?
 - ◆ Read the story of "The Lost Son" again ([Luke 15:11-32](#)).
 - Now, reimagine the story with you & your mistakes in place of the Lost Son & God reacting as the father did.

BONUS:

- Check out: [Romans 8:1-2](#), [Hebrews 12:1-4](#)