



ACTIONS + ATTITUDES
THAT MAKE YOU MORE
THAN HAPPY!

LESSON 6 // MOVE FORWARD

Big Idea: Do you want real joy in your life? You have to move forward with God! This involves knowing where you're going, getting in the right gear and accelerating forward. You have to stop making excuses, do something with what you have, expect challenges and pain, don't be distracted and keep eternity in view.

Philippians 3:10-12 (NIV) *I want to know Christ — yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and so, somehow, attaining to the resurrection from the dead. ¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.*

Ephesians 2:4-7, 10 (NIV) *But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions — it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus ... ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Philippians 3:13-14 (NIV) *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

1 John 1:9 (NIV) *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Start Talking:

How hard or easy is it for you to “forget what is behind” (as Paul talks about in Philippians 3:13) in terms of letting go of past issues that might hinder you from moving forward with the Lord?

Start Thinking:

Read Philippians 3:10-12. What do you learn from these verses about the goal we should be pursuing as followers of Jesus?

Read Ephesians 2:4-10. What has God done for us as believers in Christ? How should this impact how we live?

Read Philippians 3:13-14 and 1 John 1:9. How should you deal with past issues like guilt, regret, resentment, ungodly relationships and worldly attitudes that try to hold you back from God's best? What are some practical ways you can “accelerate forward” into the purposes the Lord has for your life?

Start Praying and Doing:

Pray that the Lord will help you overcome any obstacles that hinder you from moving forward in your relationship with Him. Make a commitment to “forget” these hindrances, by His grace, and focus on God's purpose and plan for your future. Write down at least one way you can “press on” and “accelerate forward” into this purpose and look for opportunities to apply this in the week ahead.