Introduction:
A. If the devil can’t get us to serve on his side, then he considers it a great victory to cause us to _______ _____________ spiritually.
B. But what a great contrast and defeat is it for the devil when a Christian is _______ and _______ spiritually.
C. The Apostle Paul was that kind of Christian, he was certainly alive and awake, and he was _____________ and _________ to grow.
D. In the previous section, Paul used an _______________ metaphor.
E. In today’s section, Paul uses an _______________ metaphor.

I. Be _______________ (3:12-13)
A. Sanctified dissatisfaction is essential for making _______ in the Christian race.
B. A person who becomes spiritually satisfied and comfortable becomes _______ and _________.

II. Be _______________ (3:13-14)
A. We must be devoted to a singular ________.
B. _______________ is a secret to influence and effectiveness.

III. Be _______________ (3:13-14)
A. We must keep our eyes focused in the right direction which is on the ________, and __________, not the __________.
B. John Landy’s mistake was __________ ________, so Roger Bannister won.
C. If we focus on our past mistakes and sins, then we will be immobilized by _______ and ________.
D. Focusing on the past can trip us up by resting on our ________________ and ______________.

IV. Be ________________ (3:13-14)
A. The word that Paul used for “straining toward” is a very vivid word used for _______ going all out for the finish line.
B. Let’s be determined to strain toward the goal by employing God’s ______________, not our own (Col. 1:29).

V. Be _________________ (3:15-16)
A. “Living up to what we have already attained” is a phrase that speaks of consistent living that is the result of ______________.
B. We have to continue to practice ______________ discipline or we will lose the ______________ ground we have gained.

Conclusion:
A. I wish we could say that those who do not finish the Christian race was only ____ percent, but I’m afraid it is much higher than that.
B. The reasons and causes include being led ________, lulled to ________, or giving up.
C. That wasn’t the case for Paul (2 Tim. 4:7-8).