

One Thing

A 7-Week Study Guide

One Thing



Lesson Seven

***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.***

Philippians 3:13

STUDY QUESTIONS

Play the “One Thing to Do” video lesson.

Share about one of the following:

- A time when you started something (a project, class, hobby, etc.)
- You believed you succeeded something but failed (test, class, etc.)
- Thought a date went well but later found out the other person didn't

Which of the following best describes you right now and why?

- You're coming out of a valley.
- You're in a valley.
- You're not in a valley.

STUDY QUESTIONS

Read Philippians 3:7-8. What does Paul mean when he says that we should consider everything in life as “loss” or “garbage” compared to knowing Jesus?

Do you consider everything in your life as “loss” compared to knowing Jesus? Now, before you answer, think about that question again... Do you really consider everything in your life as “loss” compared to knowing Jesus? Why or why not?

STUDY QUESTIONS

Read Philippians 3:12-14. According to these verses, what does Paul do to keep his focus on Jesus? How can Christians better keep their focus on Jesus during seasons of trials, grief, change, etc.?

Read John 16:33. How can the truth of Jesus overcoming the world give you peace?

STUDY QUESTIONS

What is one thing you can do this week to keep your focus on Jesus?