



I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ.[a] For God's way of making us right with himself depends on faith.

Philippians 3:7-9



Get to Know You: What's an embarrassing moment where you stumbled or fell (literally or metaphorically) that others here may not know about?

1. **Read Philippians 3:7 - 9.** Paul calls all his achievements “garbage” when compared to knowing Christ.
 - What do you tend to rely on more – your own performance, what you can do, or what Jesus has done for you?
 - What steps can you take to ensure you are dependant on Christ’s righteousness, instead of your own strength and performance?
2. **Read Romans 8:1** When you stumble spiritually, what is your default response—shame, hiding, giving up, pretending, or pressing on? What does that reveal about your understanding of God and His acceptance of you?
 - How can you address that within your own life?
 - How can you encourage others who feel rejected by God?
2. **Read Philippians 3:12 & Romans 7:15-25.** Paul admits he hasn’t “arrived” and struggles with doing what he hates. Where in your life do you most need to remember you are a work in progress?
 - How may this shift your attitude towards spiritual growth, overcoming failure or your expectations?

4. **Read Hebrews 12:1-2.** What is one weight, habit or sin that has tripped you up in the past? How has that affected your walk with God?
5. **Read John 15:9-13.** Jesus speaks of the love of God. How did God demonstrate His love towards us? What role did Jesus play? What link do you see between love and joy? What are some ways in which you follow the example of Jesus in “laying down your life” to serve others?
6. **Your stumble is not your story – Jesus is! Read Romans 8:1 & Ephesians 1:7.** Is there a part of your past or present that tries to speak louder than the forgiveness described in this verse?
 - How can the truth of Scripture help reshape that?
7. **Read Isaiah 43:18-19.** God says, forget the former things... I am doing something new. What “new” thing might God be beginning in your life right now?
 - How can you join with Him, instead of getting stuck looking backwards?

Engage: There were four practical challenges in the message, which are you working on this week?

- **Live with Gospel-centred confidence.** – Stop trying to earn what Jesus has already given you. Speak the truth of Scripture into your life daily.
- **Keep moving forward – even when you fall.** – Think about an area where you have felt guilt, shame or discouragement. Take one small step this week by having a conversation with a trusted Christian friend, praying, apologising, setting boundaries.
- **Fix your eyes on Jesus – each and every day.** – Take time to read God’s word each and every day with one goal which you should pray – “Jesus help me to see you more clearly today.”
- **Walk with others – don’t run alone.** – We were always meant to run this race with others. Pick someone to encourage this week through text, phone, email, or face to face.