

James Dale

Message Notes | 03/02/2025

Forgetting What Lies Behind

Philippians 3:13-14



"But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus." – Philippians 3:13-14

I. Believe What God Says

1. In Christ, Your Past Is Fully Forgiven

a) Colossians 2:13-14

b) Romans 8:33-35

2. In Christ, Your Past Is Fully Forgotten

a) Jeremiah 31:34

b) Hebrews 10:17

c) Isaiah 43:25

3. In Christ, Your Past Is Fully Redeemed

a) Acts 3:19

b) Hebrews 8:12

II. Three Practical Steps to Forget What Lies Behind

1. Call The Past What It Is

a) Corinthians 6:9-12

2. Learn From The Past

a) Proverbs 26:11

b) Galatians 5:1

3. Stop Staring At The Past

a) Philippians 3:12-14

b) 1 Timothy 1:15-16

Communion - Do you truly believe the Gospel represented in the bread and the juice? Is there anything from your past that you need to surrender to God or leave behind? What's still holding you back? Before you take communion as a declaration of faith, take a moment to talk to God.

Discussion Questions

Key Passage: Philippians 3:12-14

Getting Started

- We all have past regrets. Can you recall a time when something from your past weighed on you, even when you knew it shouldn't?
- Why is it so hard to fully let go of past failures, even after experiencing forgiveness?

Digging Deeper (Read Philippians 3:12-14)

Paul's Past and His perspective

- Paul had a painful history-persecuting Christians-yet he writes about forgetting what lies behind. What does he mean?
- How does Paul's response to his past differ from how people often handle regret and shame?

Believe What God Says About Your Past

- **God Forgives** – Read **Colossians 2:13-14** and **Romans 8:33-35**. How does God view your past sins? What is the difference between knowing you are forgiven and living as if you are?

- **God Forgets** – Read **Jeremiah 31:34** and **Hebrews 10:17**. What does it mean that God "remembers our sins no more"? Why do we struggle to believe this?
- **God Redeems** – Read **Romans 8:28** and **Genesis 50:20**. How does God use our past for His glory? Can you think of a time He used your mistakes or hardships to strengthen your faith or help others?

Practical Steps

Call Sin What It Is

- Why do we tend to justify or minimize past mistakes? Read **1 Corinthians 6:9-11**—how does Paul acknowledge sin while pointing to transformation?
- Read **Romans 8:1**. Why is it important to distinguish conviction from condemnation?
- How is this helpful when processing the sins committed against us?

Learn from the Past

- Proverbs 26:11 describes repeating mistakes as a dog returning to its vomit. Why do we sometimes fall into the same patterns?
- Read **Galatians 5:1**. What does it mean to stand firm in the freedom Christ has given us?

Stop Staring at the Past

- Read **2 Corinthians 5:17**. How does embracing your identity as a *new creation* help you move forward?
- Paul emphasizes pressing forward rather than looking back. How does this mindset help us grow spiritually?

Making It Real

- What is one thing from your past that God has already forgiven, but you still struggle to leave behind?
- What practical steps can you take this week to shift your focus from regret to God's redemption?