

Day 1: Embracing God's New Thing

Scripture: Isaiah 43:18-19

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Key Themes:

- God is always at work doing something new.
- We must stop dwelling on the past to fully embrace the new things God has for us.
- Even in dry seasons or "wilderness" experiences, God can make a way and bring new life.

Reflection Questions:

- 1. What "former things" might be holding you back from fully embracing God's new thing in your life?
- 2. Where in your life do you feel like you're in a wilderness? How can you trust God to make a way?

Prayer:

Lord, help me to let go of the things that keep me bound to the past. Open my eyes to perceive the new things You are doing in my life and give me the courage to step into them. Amen.

Scripture Focus: Isaiah 43:18-19

"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Opening Prayer (5 minutes):

Start your Bible study by asking God to open your heart and mind to His Word. Ask for wisdom and clarity as you reflect on the Scripture and themes of the study.

Prayer Example:

"Lord, as we open Your Word today, we invite Your Spirit to speak to our hearts. Help us to understand the new things You are doing in our lives and how we can let go of the past to fully embrace them. Guide our time of reflection and discussion, and may Your truth transform us. In Jesus' name, Amen."

Introduction to the Theme (5 minutes):

Introduce the theme of the study: "Embracing God's New Thing." Discuss how God, throughout Scripture, reveals His ability to bring newness out of old, dry, or difficult situations. This study invites us to reflect on how God is leading us into new seasons in our own lives.

Key Verse Breakdown (Optional):

Isaiah 43:18-19 was written to the people of Israel, who were in exile at the time. God was reminding them that He could do something new even in their bleakest moments. He urged them not to dwell on past failures but to trust in His ability to bring deliverance, hope, and life out of desolation. Just as God did for Israel, He desires to do something new in our lives today.

Scripture Reading & Reflection (10 minutes):

Read Isaiah 43:18-19 together, either out loud or silently, and then reflect on the passage. Spend a few moments in quiet reflection, allowing the words to sink in.

Reflection Points:

- Verse 18 emphasises "forgetting the former things" and "not dwelling on the past." Think about what that means in your own life. What does it look like to stop dwelling on the past?
- Verse 19 invites us to "see" the new thing God is doing. How can we become more aware of God's work in our lives? Consider the phrase "making a way in the wilderness" how does God bring new life and possibilities in what feels like a wasteland?

Discussion (20 minutes):

1. What "former things" might be holding you back?

 Discuss how clinging to past failures, regrets, or even successes can prevent us from seeing the new things God is doing. Think about areas of your life where you might need to let go of the past to move forward. • **Example Discussion Question:** "Is there a specific memory, past sin, or hurt that you feel God is asking you to release so that you can move forward? How can you do this practically?"

2. Wilderness Experiences

- Talk about how life sometimes feels like a "wilderness" or dry season. Reflect on moments where you've felt lost, weary, or discouraged. How can we trust God to "make a way" in these seasons?
- **Example Discussion Question:** "In what ways have you felt like you were in a wilderness recently? How has God brought streams of life or guidance into that situation?"

3. Perceiving God's New Thing

- Many times, God is at work, but we fail to notice it because we are too focused on what is behind us or too caught up in the present struggles. Discuss how we can become more attuned to God's movement in our lives.
- **Example Discussion Question:** "What can we do to 'perceive' the new things God is doing in our lives? How can we better train our spiritual senses to recognise His work?"

Personal Reflection & Journaling (10 minutes):

Give participants 5-10 minutes to journal or reflect privately on the following questions:

- 1. What past experiences, habits, or thoughts are you holding onto that God may be asking you to release?
- 2. What are some signs that God is doing something new in your life right now?
- 3. How can you trust God to bring new life in areas that feel dry or hopeless?

Encourage everyone to write down their thoughts, prayers, and any specific actions they sense God leading them to take as a result of this study.

Group Prayer & Ministry Time (10 minutes):

Close the study with a time of prayer. You can break into small groups or pray together as a whole group, depending on your setting. Invite everyone to pray over the areas discussed, asking God for courage to release the past, faith to embrace the new, and hope for the wilderness seasons.

Sample Group Prayer Points:

- Pray for release from the past—sins, failures, hurts, or regrets.
- Ask God to open your eyes to perceive His new work in your life.
- Pray for those going through wilderness seasons, asking for God's provision, direction, and strength.

Closing Prayer:

"Father, thank You for the new things You are doing in our lives. Help us to let go of the past and to trust You in every season. Where we are in the wilderness, we ask You to make a way. Where we feel dry, bring Your streams of living water. Open our eyes to perceive Your hand at work, and give us the courage to step into the new things You have for us. In Jesus' name, Amen."

Optional Extension (If Time Allows):

- Worship Song: Close with a worship song related to renewal or trusting God through uncertain times (e.g., "Do It Again" by Elevation Worship or "Way Maker" by Sinach).
- **Testimonies:** Invite one or two participants to briefly share any personal experiences of how God has done a new thing in their lives, bringing hope or breakthrough in the wilderness.

This hour-long study is designed to help participants reflect on God's promise of newness, let go of past obstacles, and trust in His ability to bring new life even in difficult seasons.

Day 2: A New Creation in Christ

Scripture: 2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Key Themes:

- In Christ, we are made new.
- Our old life, including its sins, failures, and shortcomings, is behind us.
- Our identity and purpose are now rooted in our new life in Christ.

Reflection Questions:

- 1. How does understanding that you are a "new creation" in Christ change how you see yourself?
- 2. What old habits or thought patterns do you need to let go of to walk fully in your new identity?

Prayer:

Father, thank You for making me a new creation in Christ. Help me to walk in the fullness of this truth and live out my new identity each day. Amen.

Scripture Focus: 2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Opening Prayer (5 minutes):

Begin the study with a prayer, inviting God to reveal His truth through the Scripture and asking for an open heart to fully grasp what it means to be a new creation in Christ.

Prayer Example:

"Father, as we gather today to study Your Word, we ask for the guidance of Your Holy Spirit. Open our hearts and minds to understand what it truly means to be made new in Christ. Help us to embrace our new identity and leave behind what no longer defines us. In Jesus' name, Amen."

Introduction to the Theme (5 minutes):

Introduce the theme of today's study: "A New Creation in Christ." Discuss the transformative power of being in Christ. The old self, defined by sin and failure, is gone, and a new identity is given through Jesus. This transformation touches every part of our lives—our purpose, identity, and destiny.

Kev Verse Breakdown:

2 Corinthians 5:17 reminds us that through faith in Christ, we are not just improved versions of ourselves but completely new creations. This isn't just an external change but an internal renewal that impacts our heart, mind, and spirit. The old, sinful nature and its desires are replaced by a new nature rooted in Christ.

Scripture Reading & Reflection (10 minutes):

Read 2 Corinthians 5:17 aloud or silently. Spend a few moments reflecting on the passage.

Reflection Points:

- "In Christ" means that our identity and life are now defined by our relationship with Jesus, not by our past mistakes or worldly labels.
- "New Creation" speaks to the complete renewal that takes place when we are saved. We are no longer bound to the old ways of sin, failure, or brokenness.
- "The old has gone, the new is here"—this signifies a permanent shift. Our old life is over, and we now walk in a new identity empowered by God.

Discussion (20 minutes):

- 1. How does understanding that you are a "new creation" in Christ change how you see yourself?
 - Reflect on how being a new creation affects your self-image, purpose, and daily life.
 - **Discussion Question:** "How does this new identity affect your confidence in God's love, your sense of self-worth, or how you interact with others?"
- 2. What are the "old things" in your life that you need to leave behind?

- Talk about old habits, mindsets, or ways of living that might hinder your walk with Christ. What thought patterns or behaviors are no longer fitting for someone who is made new?
- **Discussion Question:** "What specific habits, beliefs, or sins are you holding on to that you know God wants you to release? What steps can you take to fully embrace the new creation you are in Christ?"

3. What does it mean to walk fully in your new identity in Christ?

- Discuss how living as a new creation impacts our daily decisions, relationships, and actions.
- **Discussion Question:** "What does walking in your new identity look like practically? How can we live out this truth in a way that honors Christ in every area of our lives?"

Personal Reflection & Journaling (10 minutes):

Provide participants with time to reflect privately on the following questions and write down their responses. This is a time for personal introspection and honesty before God.

- 1. What old habits, thoughts, or ways of living are you still holding onto, and how are they affecting your relationship with Christ?
- 2. How does understanding that you are a new creation in Christ influence how you face challenges, fears, or failures?
- 3. In what areas of your life do you need to walk more confidently in your new identity in Christ?

Encourage them to take this opportunity to confess areas where they are struggling to live as a new creation and to ask God for strength and guidance to walk fully in their new identity.

Group Prayer & Ministry Time (15 minutes):

Close with a time of prayer, either as a whole group or in small groups. Focus on praying over the themes discussed: leaving the old behind and stepping into the fullness of our new identity in Christ. Encourage participants to share prayer requests if they are comfortable.

Sample Group Prayer Points:

- Pray for the strength to leave behind old habits, thought patterns, or sins that hinder walking fully as a new creation.
- Ask God to reveal areas where each person is not yet embracing their new identity in Christ.
- Pray for renewed minds and hearts that align with the truth of being a new creation.

Closing Prayer Example:

"Father, we thank You that in Christ, we are made new. Help us to fully embrace our new identity and leave behind the old ways of thinking and living. We ask for Your strength and guidance as we continue to walk in the truth of who we are in You. Let our lives reflect this transformation in everything we do. In Jesus' name, Amen."

Optional Extension (If Time Allows):

- **Testimonies:** Invite participants to share brief testimonies of how God has helped them embrace their new identity in Christ, or how they are currently working through this transformation.
- Worship Song: Conclude the study with a worship song that emphasizes new life and transformation in Christ (e.g., "Who You Say I Am" by Hillsong Worship or "Resurrecting" by Elevation Worship).

Summary of Key Takeaways:

- 1. In Christ, we are made new: Our old life, defined by sin and failure, no longer defines us.
- **2. Leaving the past behind:** Walking as a new creation means letting go of old habits, sins, and mindsets that no longer fit our new identity.
- **3.** Walking in our new identity: We are now called to live out the truth of being a new creation, which impacts every part of our lives, from our relationships to our purpose and choices.

This study encourages deep reflection on what it means to live as a new creation in Christ, challenging participants to let go of the old and embrace their new identity with confidence and purpose.

Day 3: Stepping Into the New Season

Scripture: Ecclesiastes 3:1

"There is a time for everything, and a season for every activity under the heavens."

Key Themes:

- Life has different seasons, and each season has a purpose.
- We must recognize when God is leading us into a new season and be willing to let go of the old one.
- Trusting God's timing is crucial as we enter new phases of our walk with Him.

Reflection Questions:

- 1. Can you sense a new season in your spiritual life? What changes is God prompting you to make?
- 2. How can you trust God's timing as you transition from one season to another?

Praver:

Lord, help me to discern the season I am in and give me the wisdom to know when You are leading me into something new. Help me to trust Your timing. Amen.

Scripture Focus: Ecclesiastes 3:1

"There is a time for everything, and a season for every activity under the heavens."

Opening Prayer (5 minutes):

Begin by inviting God's presence into your Bible study. Ask for clarity and wisdom as you dive into His Word and reflect on the changing seasons of life.

Prayer Example:

"Father, as we come before You today, we ask for Your guidance. Open our hearts to hear Your voice and give us discernment to recognize the season we are in. Teach us to trust Your timing and lead us into the new places You have for us. In Jesus' name, Amen."

Introduction to the Theme (5 minutes):

Introduce today's theme: "Stepping Into the New Season." Life has various seasons, each with its unique purpose. As we grow in our relationship with God, He leads us through seasons of growth, waiting, testing, and fruitfulness. Each season requires something different from us, and being able to discern what season we are in spiritually is crucial to walking in God's purpose for our lives.

Kev Verse Breakdown:

Ecclesiastes 3:1 reminds us that everything in life happens in its appropriate time. Seasons change, and so do the rhythms of our lives. We must be aware of the season we are in, trust God's timing, and be prepared to step into new seasons when He leads us.

Scripture Reading & Reflection (10 minutes):

Read Ecclesiastes 3:1 aloud or silently, reflecting on the idea of seasons in our lives. Spend a few moments quietly thinking about the following:

Reflection Points:

- "There is a time for everything": God ordains specific times and seasons in our lives. Reflect on how each phase of life, both good and challenging, serves a purpose in God's plan.
- "A season for every activity": No season is wasted, whether it's a time of waiting, action, rest, or growth. Each season shapes our faith and walk with God.

Encourage participants to reflect on how seasons in life change and how God remains constant through those transitions.

Discussion (20 minutes):

1. Recognizing a New Season

o God often calls us into new seasons that challenge us to grow, change, or step out in faith. Reflect on the ways God may be leading you into a new spiritual season.

 Discussion Question: "Can you sense a new season in your life right now? What changes is God prompting you to make, and how do you feel about stepping into something new?"

2. Letting Go of the Old Season

- Sometimes, the hardest part of stepping into a new season is letting go of the old one. This could mean leaving behind comfort zones, relationships, or even mindsets.
 Talk about the struggle of letting go and how to trust God in the process.
- Discussion Question: "What aspects of the 'old season' are you holding onto? How can you trust that God has something new and good for you as you step into the next phase?"

3. Trusting God's Timing

- Trusting God's timing is essential as we transition between seasons. His timing often looks different from ours, and we must learn patience and faith in His plans.
- Discussion Question: "How do you feel about God's timing in your life? What are some ways you can build trust in His timing, even when it's different from what you expected?"

Encourage participants to be honest about any fears, hesitations, or excitement they may feel about entering a new season, and to share ways they have seen God's faithfulness in past seasons of their lives.

Personal Reflection & Journaling (10 minutes):

Give time for participants to reflect on the following questions privately and write down their thoughts in a journal or notebook.

1. Can you sense a new season in your spiritual life?

What signs has God given you that you are entering a new phase? Is it a season of growth, rest, waiting, or change? Write down what God may be speaking to you about this new season.

2. What old things do you need to let go of in order to fully embrace this new season?

• Are there old habits, relationships, or fears you need to release? Write down what's been holding you back and pray for the strength to let them go.

3. How can you trust God's timing more fully?

• Consider the ways you have seen God's perfect timing in your past. How can remembering those moments help you trust Him in this current season?

Encourage everyone to be open and honest in their personal reflection, allowing God to reveal any areas where they need to step out in faith or let go of something old.

Group Prayer & Ministry Time (15 minutes):

Close the study with a time of prayer, focusing on the theme of seasons and trusting God through transitions. You can pray as a group or in smaller groups, depending on the size of your gathering.

Sample Group Prayer Points:

• Pray for wisdom and discernment in recognizing the season each person is in.

- Ask God to give strength and faith to let go of past seasons, trusting that He is doing something new.
- Pray for patience and confidence in God's timing, especially for those in a season of waiting.

Closing Prayer Example:

"Lord, we thank You that You have a purpose for every season of our lives. Help us to let go of the past and trust You as You lead us into new places. Give us discernment to recognize the changes You are making in our lives and the courage to step forward with faith. May we trust Your timing, knowing that You are always working for our good and Your glory. In Jesus' name, Amen."

Optional Extension (If Time Allows):

- Worship Song: Conclude with a worship song that focuses on trusting God through change or stepping into new seasons (e.g., "Seasons" by Hillsong Worship or "In Control" by Hillsong Worship).
- **Testimonies:** Invite one or two people to share a brief testimony of a time when God led them through a season change and how they learned to trust Him.

Summary of Key Takeaways:

- **1. Every season has a purpose:** Whether it's a time of growth, waiting, rest, or challenge, God is at work in each season of life.
- 2. Letting go of the old to embrace the new: We cannot fully step into new seasons if we are clinging to what is behind us.
- **3. Trusting God's timing:** Transitions between seasons can be difficult, but trusting in God's perfect timing helps us walk in faith.

This Bible study encourages participants to reflect on where they are in their spiritual journey, to recognise when God is calling them into something new, and to trust in His guidance through every season of life.

Day 4: Walking by Faith into the Unknown

Scripture: Hebrews 11:8

"By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going."

Key Themes:

- Stepping into new things often requires faith, especially when the future is unclear.
- Like Abraham, we are called to trust God's promises and follow Him even when we don't have all the answers.
- Faith grows as we take steps into the unknown with God.

Reflection Questions:

- 1. What areas of your life require you to walk by faith right now?
- 2. How can Abraham's example encourage you to trust God even when you don't see the full picture?

Prayer:

God, give me the faith to follow You into the new places You are leading, even when I don't have all the answers. Help me to trust Your promises and Your guidance. Amen.

Scripture Focus: Hebrews 11:8

"By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going."

Opening Prayer (5 minutes):

Start by inviting God to give you a heart ready to hear His Word, and ask for His guidance as you reflect on what it means to walk by faith.

Prayer Example:

"Father, as we come together today, we ask for Your presence to guide us. Open our hearts to receive Your Word and strengthen our faith to follow You, even when the path ahead is unclear. Help us to trust Your promises and take steps of faith with confidence in Your goodness. In Jesus' name, Amen."

Introduction to the Theme (5 minutes):

Introduce today's theme: "Walking by Faith into the Unknown." This study will explore how stepping into new things often requires faith, especially when we don't know the full picture. Using Abraham as an example, we will discuss how to trust God when He calls us to take steps without knowing exactly where we are going.

Kev Verse Breakdown:

Hebrews 11:8 reflects on Abraham's faith when God called him to leave his home and go to a new land. Abraham obeyed even though he didn't know the destination. His journey was one of faith, relying solely on God's promises. In our lives, God often asks us to trust Him in the unknown, which is a crucial part of our spiritual growth.

Scripture Reading & Reflection (10 minutes):

Read Hebrews 11:8 aloud or silently. After reading, allow a few moments for quiet reflection on the Scripture.

Reflection Points:

- "By faith Abraham... obeyed and went": Abraham's faith wasn't passive; it involved action. Reflect on how faith requires not just belief, but movement, even when the future is unclear.
- "Even though he did not know where he was going": This shows complete trust in God's plan. Abraham didn't have all the details but still followed God. Reflect on how we, too, are called to follow God when we don't have all the answers.

Encourage participants to think about times in their lives when they've had to step out in faith without knowing the full plan.

Discussion (20 minutes):

1. What areas of your life require you to walk by faith right now?

- Faith often grows in situations where we don't have full control or understanding. Discuss current areas in your life that require you to trust God without seeing the full picture.
- Discussion Question: "Is there a situation or decision in your life where you feel like God is asking you to take a step of faith, but the outcome is unclear? How do you feel about moving forward in faith?"

2. How can Abraham's example encourage you to trust God even when you don't see the full picture?

- Abraham trusted God's promise of a future inheritance even though he didn't have immediate clarity. Talk about how his obedience, despite uncertainty, can be an example for us today.
- **Discussion Question:** "In what ways can we learn from Abraham's obedience? How does his story inspire you to trust God in the unknown parts of your life?"

3. The relationship between faith and obedience:

- Discuss the connection between faith and action. Faith often requires us to take steps, even if we don't have all the answers. How do we cultivate this kind of faith in our own lives?
- Discussion Question: "Why is it important to act on faith, even when the outcome isn't clear? How can we cultivate a lifestyle of trusting God and taking steps forward in obedience?"

Encourage participants to share personal stories or examples where they had to walk by faith in uncertain situations, and how they experienced God's faithfulness in those moments.

Personal Reflection & Journaling (10 minutes):

Allow time for personal reflection and journaling on the following questions. This is an opportunity for each person to reflect on how God might be calling them to step out in faith.

1. What areas of your life are you struggling to trust God in right now?

Reflect on where you feel uncertain or hesitant to step forward in faith. Write down those areas and ask God to give you the courage to trust Him.

2. What steps of faith do you feel God is asking you to take, even if the full picture is unclear?

• Think about any specific decisions or changes God may be calling you to make, and how you can take those steps in faith.

3. What promises of God can you hold onto during this season of faith?

Write down specific promises from God's Word that encourage you to trust Him in times of uncertainty. These could be promises of provision, guidance, or protection.

Encourage participants to be honest with themselves and God in their reflection, bringing any fears or doubts to Him.

Group Prayer & Ministry Time (15 minutes):

Close the study with a time of group prayer, focusing on asking God to increase faith, particularly in areas where participants are walking into the unknown. Pray for courage, peace, and trust in God's leading.

Sample Group Prayer Points:

- Pray for those facing decisions or transitions that require faith, asking God to give them confidence in His promises.
- Ask God to help each person let go of the need to control outcomes and instead trust His guidance.
- Pray for a spirit of obedience, that everyone would be willing to step forward in faith, even without all the answers.

Closing Prayer Example:

"Lord, thank You for reminding us through Abraham's example that walking by faith means trusting You, even when we don't see the full picture. Give us the courage to take steps of faith, trusting that You are faithful to Your promises. Help us to obey Your leading, no matter how uncertain the future seems. May we grow in faith and rely on Your perfect guidance. In Jesus' name, Amen."

Optional Extension (If Time Allows):

- Worship Song: Consider closing with a song that focuses on faith and trusting God in the unknown, such as "Oceans (Where Feet May Fail)" by Hillsong United or "Trust in You" by Lauren Daigle.
- **Testimonies:** Invite anyone who feels led to share a testimony of how they have experienced God's faithfulness in a season of walking by faith into the unknown.

Summary of Key Takeaways:

- 1. Stepping into the unknown requires faith: Just like Abraham, we often don't have all the answers when God calls us to move forward, but faith means trusting Him anyway.
- **2. Faith grows through obedience:** Faith is not passive; it requires action. As we take steps of obedience, our faith grows stronger.
- **3.** God is faithful even when the path is unclear: We can trust God's promises, knowing that He is guiding us toward His good plan, even when we don't fully understand the journey.

This study encourages participants to reflect on areas of their lives where they need to trust God more fully and challenges them to take bold steps of faith, trusting that God is leading them even into the unknown.

Day 5: Pressing Forward to the New Thing

Scripture: Philippians 3:13-14

"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, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Key Themes:

- Pressing forward requires forgetting the past and focusing on the future God has for us.
- Our Christian walk is a continual pursuit of growth, purpose, and Christlikeness.
- God calls us to move forward with perseverance and hope.

Reflection Questions:

- 1. What are you pressing forward towards in your relationship with God?
- 2. How can you stay focused on the "goal" God has set before you and not get distracted by past failures or successes?

Prayer:

Lord, I press on towards the goal You have set for me. Help me to leave the past behind and focus on the future You have prepared. Give me the perseverance to keep moving forward in my walk with You. Amen.

This study encourages reflection on how we, as Christians, can break into the new things God has for us, with a focus on faith, identity, and trust in God's timing. Each day's reading will help you explore these themes, reflect on where God is leading you, and pray for the courage to embrace His new direction in your life.

Scripture Focus: Philippians 3:13-14

"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, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Opening Prayer (5 minutes):

Begin by inviting the Holy Spirit to guide the study, asking for insight and wisdom as you reflect on pressing forward in your walk with God.

Prayer Example:

"Father, we come before You today with open hearts, asking for Your guidance. Help us to understand what it means to press forward in our relationship with You. As we study Your Word, give us the strength to leave the past behind and the courage to focus on the future You have for us. In Jesus' name, Amen."

Introduction to the Theme (5 minutes):

Introduce today's theme: "Pressing Forward to the New Thing." Life in Christ is a continual pursuit of spiritual growth and becoming more like Jesus. We are called to leave behind past mistakes, failures, or even successes and focus on what lies ahead—God's plan and purpose for our lives. In this study, we will reflect on what it means to "press on" and live with perseverance and hope.

Key Verse Breakdown:

In Philippians 3:13-14, the Apostle Paul acknowledges that he has not yet arrived at spiritual perfection but is committed to pressing forward. He emphasises "forgetting what is behind" and "straining toward what is ahead," symbolising the importance of letting go of past hindrances to focus on the future and the prize of eternal life in Christ.

Scripture Reading & Reflection (10 minutes):

Read Philippians 3:13-14 aloud or silently. After reading, take a moment to reflect on the message.

Reflection Points:

- "Forgetting what is behind": Dwelling on past mistakes or victories can prevent us from fully embracing the future God has for us. Letting go of the past frees us to pursue God's plan with fresh energy.
- "Straining toward what is ahead": Pressing forward in the Christian walk requires effort, determination, and focus on the ultimate goal—being united with Christ and fulfilling His purpose for our lives.
- "Pressing on toward the goal": Paul compares the Christian life to a race, encouraging believers to pursue their spiritual calling with perseverance and hope. The ultimate prize is the eternal reward in Christ Jesus.

Discussion (20 minutes):

1. What are you pressing forward towards in your relationship with God?

- Reflect on the specific areas where God is calling you to grow, change, or step forward in faith. What goals has God set before you in this season of your life?
- Discussion Question: "What is God calling you to pursue right now? How are you pressing forward in your spiritual walk, and what steps are you taking to grow?"

2. Forgetting what is behind and focusing on the future:

- Obscuss the importance of letting go of past mistakes, failures, or even accomplishments that could hold us back from what God has for us in the future. Why is it necessary to release the past to move forward?
- Obscussion Question: "What past experiences—good or bad—might be distracting you from focusing on what God has for you next? How can you practically leave those things behind?"

3. Pressing on with perseverance:

- On The Christian life is a journey that requires perseverance. Talk about what it means to press on, even when the path is difficult. How can we stay focused on the "goal" of becoming more like Christ and fulfilling our calling?
- Oiscussion Question: "How can you maintain perseverance in your walk with Christ when challenges, distractions, or setbacks arise?"

Encourage participants to be open about their personal struggles with moving forward and to share any goals they feel God is calling them toward.

Personal Reflection & Journaling (10 minutes):

Provide time for participants to reflect privately on the following questions. This will give each person the opportunity to consider how God is calling them to press forward in their faith.

- 1. What specific goals or new things is God leading you to pursue in this season of your life?
 - Write down the areas where you sense God is calling you to press forward—whether it's in spiritual growth, relationships, ministry, or a personal challenge.
- 2. What past experiences, failures, or successes do you need to let go of in order to focus on the future God has for you?
 - ° Reflect on anything from your past that may be holding you back. Write down what you need to release in order to fully embrace what lies ahead.
- 3. How can you build perseverance and stay focused on the goal?
 - ° Think about practical ways to keep your focus on your spiritual goal, whether through prayer, Scripture, community, or other spiritual disciplines.

Encourage participants to commit their reflections to God in prayer, asking for His help in pressing forward.

Group Prayer & Ministry Time (15 minutes):

Close the study with a time of prayer, focusing on asking God to help each person press forward in their faith journey. Pray for perseverance, focus, and the courage to let go of the past and embrace the future God has prepared.

Sample Group Prayer Points:

- Pray for the strength to let go of past failures or successes that are hindering spiritual growth.
- Ask God to help each person focus on the new things He is calling them to pursue.
- Pray for perseverance to keep pressing forward, even when the journey is challenging.

Closing Prayer Example:

"Lord, we thank You for the reminder that our walk with You is a continual journey of pressing forward. Help us to leave behind the things that hold us back and focus on the future You have for us. Give us the perseverance to keep moving forward with hope and faith, knowing that You have set a wonderful goal before us. In Jesus' name, Amen."

Optional Extension (If Time Allows):

- Worship Song: Close with a worship song that emphasises perseverance and hope in Christ, such as "The Stand" by Hillsong United.
- **Testimonies:** Invite anyone who feels led to share a testimony of how they've experienced God's help in pressing forward in their spiritual journey, despite challenges or setbacks.

Summary of Key Takeaways:

- 1. Forgetting the past, focusing on the future: We must let go of both past failures and past successes to fully embrace the future God has for us.
- **2. Pressing forward requires perseverance**: The Christian walk is not a sprint but a marathon, and we are called to keep moving forward with faith, regardless of the challenges.
- **3. Striving for the goal**: Our ultimate goal is to become more like Christ and fulfil God's purpose for our lives, which gives us hope and motivation to keep going.

This study encourages participants to reflect on where God is calling them to press forward in their faith journey, challenging them to let go of the past and embrace the new things God has for them with perseverance and hope.