**Pressing on from the Past (Member’s Handout)**

**Chart it and Share it**

Fill out your life chart for 20?? graphing the highs and lows of the year and pinpointing major events.

Take 5 to 7 minutes sharing your life chart with your small group. As a listener, remember and apply: Romans 12:15, “*Rejoice with those who rejoice; mourn with those who mourn*.”

**Think About it**

**Philippians 3:8-14**

*8 More than that, I now regard all things as liabilities compared to the far greater value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things—indeed, I regard them as dung!—that I may gain Christ, 9 and be found in him, not because I have my own righteousness derived from the law, but because I have the righteousness that comes by way of Christ’s faithfulness —a righteousness from God that is in fact based on Christ’s faithfulness. 10 My aim is to know him, to experience the power of his resurrection, to share in his sufferings, and to be like him in his death, 11 and so, somehow, to attain to the resurrection from the dead.*

*12 Not that I have already attained this—that is, I have not already been perfected—but I strive to lay hold of that for which Christ Jesus also laid hold of me. 13 Brothers and sisters, I do not consider myself to have attained this. Instead I am single-minded: Forgetting the things that are behind and reaching out for the things that are ahead, 14 with this goal in mind, I strive toward the prize of the upward call of God in Christ Jesus.*

* List what you think were some of Paul’s highs and lows at this point in his life.
* Why does Paul regard all of his life events as liabilities, even dung?
* What are some the common past life experiences that hold Christians back from pursuing Christ?
* How can the community of faith support someone who’s past life experiences are holding them back from pursuing Christ?

**Plan it**

Write down the area(s) of growth in Christ that you sense God wants you to mature in for 2020.

For each area of growth, write down at least one thing that you will commit to do, by His power, to accomplish it.

**Let’s Support it**

Share in your small group the area(s) of growth in Christ that you sense God wants you to mature in for 2020 and the things that you are committing to do to accomplish it. After everyone has shared, pray for one another and consider if God is leading you to support them.