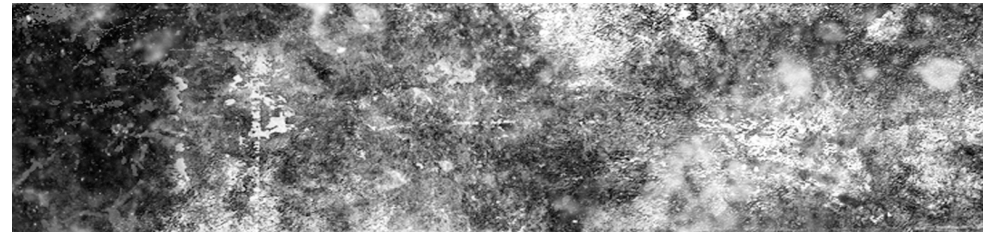


MESSAGE NOTES:



**Peace Under Pressure** Part 7  
**The “Press” in Pressure**

**Bevan Unrau**  
February 21, 2016

**Philippians 3:13-14** *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.*

**1. Do forget** \_\_\_\_\_.

Philippians 3:12-17

**The past** \_\_\_\_\_.

**The past** \_\_\_\_\_.

**2. Do not forget** \_\_\_\_\_.

Philippians 3:18-21

**What** \_\_\_\_\_?

**Where** \_\_\_\_\_?

**Today's Music**

**Mighty Warrior**  
**Unstoppable God**  
**Great Are You Lord**

Jordan

**Revelation Song**  
**Unchanging**

Chris Brown, Jane Williams, Matt Ntele  
Chris Brown, Steven Furtic, Wade Joye  
David Leonard, Jason Ingram, Leslie

Jennie Lee Riddle  
Chris Tomlin

Seabreeze CCL#105966

Unless otherwise stated, verses are quoted from the  
New International Version of the Bible by permission of Zondervan Publishers.

## **Growth Group Homework – February 21, 2016**

### **Peace Under Pressure**

In Philippians 3:12-21, Paul tells us about the kind of effort that peace requires. He describes a race, like a marathon, and explains what we need to do when we hit the wall of pressure.

#### **Warm-Up**

1. Are you the type of person to expect pressure in life or do you think life will be a walk in the park?

2. What are some of the patterns you learned from the example of your parents?

#### **Talk it Over**

3. What part of the message stood out to you and why?

4. How do you think past sin, both what we have done and sin done to us, keeps us from moving forward?

5. Bevan explained how even after Jesus saves us, we can fall into the same pit if we don't change our patterns. How have you experienced this or seen this happen?

6. Read Colossians 3:5-14. Create a list of things we are to “put off” and new things we are to “put on” to identify the shifts to be made in attitude and behavior.

According to these verses, why are Christ followers to put away the old ways and move forward in the new?

What on this list have you been able to “put off” and what have you “put on”?

Which of the “put on” attitudes or behaviors do you struggle with?

7. Read Hebrews 10:23-25. Based on these verses, what impact does the group have on a person's ability to do the things God wants us to do? How have you experienced this?

#### **Bring it Home**

8. Look back at the struggle you identified in question 6. Who at Seabreeze do you know who has “put on” this attitude/behavior well? How could you get encouragement from them in this area?

**Memorize:** Philippians 3:13-14  
**Read the book of Philippians**  
**Additional Reading:** Galatians 5