

## Pressing Forward in Purpose

Key Verse: “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.” – Philippians 3:13-14 (NIV)

### Living with Forward Momentum

Life is a journey, and every journey demands movement. One of the greatest hindrances to forward progress is holding on to the past—past failures, past hurts, and even past victories. Paul, in his letter to the Philippians, makes it clear that a life of purpose requires intentional forgetting and pressing.

Paul had a history—one filled with zeal, but also with mistakes. He once persecuted the very church he later came to serve. If anyone had a reason to be weighed down by his past, it was him. But instead of allowing guilt and regret to paralyze him, Paul made a declaration: One thing I do—I forget what’s behind me, and I press forward.

To Live Forward, we must have the same mindset. We cannot change the past, but we can surrender it to God. We cannot relive yesterday, but we can embrace the opportunities of today. Faith is a forward-facing posture, always looking to what God will do, rather than being stuck in what has been.

### Obstacles to Moving Forward

Many of us struggle to press forward because we are carrying unnecessary weight. The weight of past failures whispers that we’re not good enough. The weight of past success tempts us to live in yesterday’s glory. The weight of fear tells us that stepping forward is too risky. But God has not called us to live in hesitation—He has called us to run our race with perseverance (Hebrews 12:1).

It’s time to release what’s behind and grab hold of what’s ahead. Your past does not define you—God does. Your mistakes do not control you—His grace does. And your future is not limited by yesterday—it is limitless in Christ!

### Live Forward by Faith

To move forward, we must:

Release the past – Confess it, learn from it, and leave it behind.

Refocus on the goal – Keep your eyes on Christ, not on distractions.

Run with endurance – Keep pressing forward, even when it’s difficult.

The only way to step into what God has for you is to keep moving. God is always doing a new thing (Isaiah 43:19), and if we remain stuck, we’ll miss it. So, live forward! The best is still ahead.

### Prayer for Moving Forward

Father, thank You for calling us forward in faith. Help us to release what holds us back and press toward the prize You have set before us. Give us strength to endure, courage to step out, and trust to follow wherever You lead. In Jesus’ name, Amen.