

# THE FIVE ONE THINGS

## THE ONE THING... MARCH 9

### GROUP NORMS

Be Courageous, Be Compassionate, Be Connected  
Be a Listener  
Eliminate Judgement, Advice giving & Interrupting  
Be a cog-not a hog or a log.  
Honor time.

### SUMMARY

In Philippians 3:13-14, Paul declares that his one thing is pressing on to know Jesus more, refusing to let the past—whether success or failure—hold him back. We explored how comparison often distracts us in two ways: by leading to pride (thinking we're doing better than others) or paralysis (feeling like we'll never measure up or coasting on past growth). But Paul challenges us to forget what's behind, throw off distractions, and press forward toward Christ. The question is: What's one thing you need to let go of, and what's one thing you can start doing this week to know Jesus more?

### DISCUSSION

**Icebreaker:** Where in your life have you found yourself engaging in the comparison game? How did the comparison game affect you or impact you?

**Discussion:** Read Philippians 3:13-14. Paul says, "But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal." What do you think he means by forgetting what is behind? Why does Paul say this? Can you think of a time in your life that you needed to follow this advice?

Paul describes his pursuit of knowing Jesus with intense focus, like an athlete running a race. What's something in your life—past or present—that you've pursued with that kind of dedication? What does it look like to pursue Jesus with this intensity?

Paul encourages us to press on in our faith. What's one thing you need to throw off that's holding you back? And what's one thing you can start doing this week to grow in your relationship with Jesus?

**Prayer Time Guide:**

As we close, let's take a moment to pray. Ask God to help us let go of the distractions, past regrets, or comparisons that hold us back, and give us the courage to press on toward knowing Him more. Pray for one another to take meaningful next steps in our faith this week.