



LISTENING GUIDE

Title: Press On: Trading Lesser Stories for the One Worth Your Life

Text: Philippians 3:7–14

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BIG IDEA: True significance happens when you trade every lesser story for the one calling worth your entire life: knowing Christ and becoming who He made you to be.

I. Trade Your Gains for Greater Worth (Phil. 3:7–9)

Paul reframes what is truly worth his life.

1. Good things become **dangerous things** when they become **ultimate things**.
2. Paul reclassifies his former “gains” as **loss** compared to knowing Christ.
3. Our identity is now expressed as being **found in Him**, not in performance.

II. Trade Knowing About Jesus for Knowing Jesus (Phil. 3:10–11)

1. Paul’s ambition is relational: “**that I may know Him.**”
2. He seeks:
 - o the **power** of His resurrection
 - o the **fellowship** of His sufferings
 - o to be **conformed** to His death
3. People who know **why** they live rarely quit; people who know **who** they belong to rarely crumble.

III. Trade Your Past for Your Purpose (Phil. 3:12–14)

1. We grow **from acceptance**, not toward it.
2. Two movements define forward progress:
 - o **Forgetting** what lies behind
 - o **Straining** toward what lies ahead
3. Your past **explains you**; it does not **define you**.

Soul-Piercing Question:

What lesser story is stealing the energy you need to pursue the life God called you to?

CALL TO ACTION:

Identify **one lesser story** you need to release today.
