



# ONE THING I DO

## Talk It Over

In the sermon 'One thing I Do,' we heard some profound words from Paul, written from a cell in Rome.

What new realisations have you had about yourself and the world since you've been in lockdown ?

### Read Philippians 3:1-14

1. Who were the "Dogs and Mutilators of the Flesh"?
2. What were some of the reasons for Paul's confidence in himself that he ultimately rejects as "garbage"? (Bonus questions: if you were a translator of the English bible what word would you have used? What words are used by different english translations?)
3. The ONE THING Paul does is to press on toward the "goal." What is that goal? What does it look like for you?

### Reflect

4. What are some of the outward signs of righteousness we are tempted to strive for?
5. The ONE THING Paul does is to "press on." What does that look like for you?

### Pray

Thank God for the transformation his love has made happen in your life.

Ask God to reveal to you ways in which you are tempted to fall back on confidence in your own righteousness.

Ask God to help you to rely more fully on his love and righteousness and live a holy life.

### Other Suggested Readings:

Romans 8

Deuteronomy 10:12-22