



LESSON 1 // IT'S ALL ABOUT PROGRESS

Big Idea: Moving forward is God's desire for each of us. He wants us to progress in our relationship with Him and advance in His purposes.

Progress is God's goal for your life. He works in us and around us to inspire, motivate and stimulate progress in our lives. Sometimes it seems like progress is delayed or detoured, but even in the "spiritual winter" seasons when nothing seems to be happening, we can move forward if we use these seasons well.

Philippians 3:12-14 (NIV) *Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 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.*

Start Talking:

Describe a "spiritual winter" you may have experienced at some point in your walk with the Lord.

Start Thinking:

Read 1 Timothy 4:15 and 1 Peter 2:2. What do you learn from these verses about making progress as a believer in Jesus?

Read Deuteronomy 1:6-7 and 2:1-3. What is your role and what is God's role in the process of moving forward in your spiritual life?

In what ways can progress be detoured in your journey with the Lord? How can you avoid this and press forward in the "spiritual winters" of your life?

Read Philippians 3:12-14. How does Paul's example and exhortation in these verses encourage you to move forward in Christ in the year ahead?

Start Praying:

Pray for fresh insight into God's plan for progress in your walk with Him in this new year.

Start Doing:

Write down one way you can "press on to take hold of that for which Christ Jesus took hold" of you in 2022 (Philippians 3:12).

Perhaps this involves pressing through a challenge, making consistent time for prayer and Bible study, building relationships that honor the Lord, or stepping up to serve at church. Make it practical by writing out *how* you can work toward this and trust God to give you the strength and grace you need.