

**Midweek Study Lesson Questions 02/18/2026**

**Sunday February 15, 2026**

**DON'T LOOK BACK, Philippians 3:12-14**

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**I. Getting to Know "Yourself"**

The sermon called us to "stop living with one foot in the past and to move fully into the new life Christ offers." What did you hold onto from your past when you got saved? If anything.

**Explain the following points from Sunday's sermon.**

**Your past life will be destroyed –**

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**So, why do we get stuck in the repeating cycle of unhealthy patterns? –**

**Looking back slows down your momentum. -**

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**DON'T LOOK BACK, Philippians 3:12-14**

**Observation Question**

What is Paul's primary focus or "goal" that he keeps his eye on?

**Interpretation Question**

The sermon emphasized that "decisive forward motion is a spiritual discipline that reshapes desire and reorders destiny." How does Paul's attitude in these verses reflect this idea of decisive forward motion?

**Application Question**

The sermon encouraged "calling on the Lord—invoking Jehovah Shalom... in weakness." Think of a specific situation this week where you anticipate feeling weak, anxious, or overwhelmed. How will you intentionally "call on the Lord" in that moment, and what specific aspect of His character (like Jehovah Shalom, God with us) will you focus on?

**AMMO**

Luke 17:32 Remember **Lot's wife**.

Genesis 19:26 But his wife looked back from behind him, and she became a pillar of salt.

2Corinthians 10:3 For though we walk in the flesh, we do not war after the flesh:  
4 (For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

## MORE AMMO

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

**Numbers 14:3** And wherefore hath the LORD brought us unto this land, to fall by the sword, that our wives and our children should be a prey? were it not better for us to return into Egypt?

### Key Takeaways

- Do not turn back now

Looking back is not merely nostalgia; it reassigns your allegiance to what was and steals the momentum God is building in you. When you look back you rehearse old judgments, fears, and loyalties that weaken your present obedience. Decisive forward motion is a spiritual discipline that reshapes desire and reorders destiny.

- Bring thoughts into Christ's obedience

Thoughts are the battleground where strongholds are formed; captivity begins with naming and speaking truth into those patterns. Use Scripture and spoken faith to test and then replace recurring lies with gospel realities. This is not mere willpower but consistent spiritual warfare that retrains imagination and intention.

- Identify and master your triggers

Triggers are signposts, not sentence-makers; they reveal where repair and strategy are needed. Mapping recurring reactions gives you leverage to intervene before the loop repeats. Mastery comes through honesty, habit change, and applying spiritual means to practical moments.

- Choose God's direction without hesitation

Half measures produce spiritual paralysis—God's kingdom calls for a clear plow line and undivided loyalty. Commitment narrows options and frees energy for obedience. A decisive choice to follow God realigns daily priorities and releases momentum.

- Call on the Lord in weakness

Invoking God's name is more than prayer; it's a tactical act that shifts authority and presence into your circumstance. Calling restores perspective, dismantles fear, and summons peace that practical fixes cannot produce. In weakness, this practice opens space for God's strength to become real and sustaining.