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"Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."

Philippians 3:13-14 (NKJV)

**A fresh start requires _____
what's behind you, _____ toward
what God has for you, and _____
forward with focus, endurance, and faith.**

PRESSING FORWARD

1. _____ **WHAT HOLDS YOU BACK**

*“Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead.” **Philippians 3:13 (NKJV)***

Admit that I have a struggle. Identify that struggle.
Name it.

Paul says: *“One thing I do...”*

That means this is the **priority** of a fresh start.

WHAT DO YOU NEED TO RELEASE?

- **Failures** that still shame you
- **People** who hurt you
- **Seasons** that disappointed you
- **Mistakes** God already forgave
- **Guilt** God already lifted
- **Voices** that still echo from your past
- **Cycles** that have tried to define you

You can't grab what God is handing you in _____, if your hands are still full of _____.

Action Steps:

- Pray: *"Lord, I surrender what I cannot change and receive Your grace for what comes next."*
- Write down the ONE thing God is calling you to release.
- Tell one trusted person so they can hold you accountable.

2. _____ FOR WHAT GOD HAS PROMISED YOU

"... reaching forward to those things which are ahead." **Philippians 3:13 (NKJV)**

Paul shifts from **releasing** to **reaching**.

A fresh start isn't passive.

You cannot accidentally grow spiritually.

WHAT IS GOD CALLING YOU TO REACH TOWARD?

- A deeper relationship with Jesus
- A disciplined prayer life
- Joining a ministry team
- Restoring a relationship
- Healing from old wounds
- Developing financial stewardship
- Rebuilding daily devotion
- Taking your next step: salvation, baptism, membership, group life

Action Steps:

- Set one spiritual goal for this month.
- Take the first step this week — enroll, sign up, begin the plan.
- Put a Scripture promise somewhere visible as your daily reminder.

3. _____ WITH FOCUS AND DISCIPLINE

MEMORY VERSE:

"I press toward the goal for the prize of the upward call of God in Christ Jesus."

Philippians 3:14 (NKJV)

If you want a fresh start,
You must be willing to **press** through:

- Spiritual resistance
- Emotional fatigue
- Old temptations
- Doubt
- Distractions
- Discouragement
- Delays
- Detours

Paul says he presses **toward the goal**,
Not toward *people*,
Not toward *opinions*,
Not toward *comfort*,
But toward **Christ**.

Those who win spiritually do not win by speed, they win by _____ and endurance.

Action Steps:

- Start a 30-day Bible reading rhythm.
- Choose one distraction to lay down this week (social media, TV, etc.).
- Commit to worship every week of this series.

To have a fresh start, you must:

1. _____ **WHAT'S BEHIND YOU.**
2. _____ **FOR WHAT GOD HAS AHEAD OF YOU.**
3. _____ **TOWARD THE PRIZE WITH**

MY NEXT STEP TODAY IS:

- ✓ I will memorize **Philippians 3:14(NKJV)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

Join us on our **Prayer Line** by calling
(712)832-7030. Enter access code, 1919#.

The prayer line is
open daily from 6am-7am CST.

**Stay connected to ALL THINGS NEW LIFE
on social media:**



**Please scan the QR codes below to access the
connection card and giving link:**



Connection Card



Giving Code



"We Build Strong Families"
IN PERSON SERVICE TIMES

Saturday 6:00pm
Sunday 9:00am | 11:00am*

**In-person & Livestream available*