



# OVERFLOW

STUDY GUIDE

WEEK 3  
**THE PAST**

# OVERFLOW

## INTRODUCTION

*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. **Philippians 3:13-14 NIV***

Are you paralyzed by your past? This week is about celebrating the grace that delivers us from being defined by our past mistakes. The finished work of Jesus frees us to leave our past behind and live with purpose for today and hope for tomorrow.

## DISCOVER

Below you will find questions for use in your own personal study, Bible study, neighborhood gathering, or dinner table with family and friends. Record your answers to help you reflect on and share the things God is teaching you.

Read: Philippians 3:1-14

Consider Paul's description of his past pedigree and his present hope. What constitutes success in your life?

Can you join with Paul in saying that you count your earthly accomplishments as loss compared the value of knowing Christ? If not, what's standing in your way?

What is the consequence of valuing earthly success over Christ? Have you ever experienced this in your own life?

# OVERFLOW

## DISCOVER

Read: 2 Corinthians 5:16-21

What does it mean to regard people from a worldly point of view?

What does it look like to regard each other through Christ's point of view?

What old patterns of living has Christ done away with in your life?

Where are you experiencing new life in Christ?

How can your past help you as you serve as an ambassador for Christ?

## PRAY

Seeking and listening to God in prayer are vital to our relationship with him. Take a moment to encounter God in prayer before you conclude your study.

Bring to God the things from your past that you're still holding on to, or letting define you. What is keeping you from being fully present with him now? Pray, asking God to lead you to let go of those things.

# OVERFLOW

## ACT

The best thing you can do to grow in your relationship with Jesus this week is to put into practice the discoveries you've made during your study.

Read 2 Corinthians 5:19-20 every morning for a week and focus on living each day as an ambassador for Christ.

One of the great things about being a part of God's Kingdom is that we are never alone in following Christ or walking through life. This week's study may have uncovered things from your past that would benefit from discussion with a professional counselor. At the Oak Hills Church Counseling Center, there are licensed counselors ready to help you overcome past hurts and hang-ups. Contact them at 210.698.4620.

## WEEKLY SCRIPTURE READING

Filling our hearts and minds with the Word of God enables us to discern what is right and true. Use these additional scripture passages to continue your study this week.



**YOUVERSION** DAYS 15-21

Hebrews 12:15

Exodus 2:11-15

Lamentations 3:19-24

Romans 5:1-5

Philippians 3:1-7

Psalm 32:1-11

1 John 3:1

Romans 8:1-17

1 John 1:9

1 Samuel 17:1-30

2 Corinthians 5:16-18