The Training Room Method

Read | Observe | Interpret | Apply

Philippians 3:12-4:1 | "Press On"

1. Read

"[12] Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. [13] Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, [14] I press on toward the goal for the prize of the upward call of God in Christ Jesus. [15] Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. [16] Only let us hold true to what we have attained. [17] Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. [18] For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. [19] Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. [20] But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, [21] who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself. [1]Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved."

2. Observation

What do I see?

3. Interpretation

What is the point?

4. Application

What is my response?