

Riverside Church of God in Christ

Sunday School Student Handout – January 4, 2026

Lesson Title: Pressing Forward into a New Season

Scripture Focus: Philippians 3:12–14

## I. Scripture Text

Philippians 3:12–14

12 Not as though I had already attained, either were already perfect: but I follow after,  
if that I may apprehend that for which also I am apprehended of Christ Jesus.

13 Brethren, I count not myself to have apprehended: but this one thing I do,  
forgetting those things which are behind, and reaching forth unto those things which are before,

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

## II. Lesson Summary

As the new year begins, the apostle Paul reminds believers that spiritual growth is a continual process.

Though experienced in ministry, Paul admits he has not arrived, but he remains committed to pressing forward.

He teaches us to release the past, stay focused on what lies ahead, and pursue God's calling with determination.

## III. Key Truths

- Spiritual growth is ongoing; no believer has fully arrived.
- The past must not control the present or future.
- God calls believers to move forward with purpose and faith.
- Progress, not perfection, is the goal.

- The high calling of God requires focus and perseverance.

#### IV. Reflection Questions

1. What does “pressing forward” mean in your walk with God?
2. What past experiences do you need to release as you begin this new season?
3. How can you stay spiritually focused throughout the year?
4. What does the “high calling of God” look like in your life?

#### V. Life Application

This week:

- Pray for renewed focus and spiritual strength.
- Let go of past failures or past successes that hinder growth.
- Set one spiritual goal for the new year.
- Commit to consistent prayer and study of God's Word.

#### VI. Closing Prayer

“Lord, thank You for bringing me into a new season.

Help me release the past and press forward into Your calling.

Strengthen my faith and guide my steps as I pursue You.

In Jesus’ name, Amen.”

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