

# Philippians 3.<sup>7</sup>-4.<sup>1</sup>

## one thing I do

### Olympic athletes ..

It takes a lot of hard work to be an Olympic athlete. A lot of training. And a lot of sacrifices too.

But if you want it .. go for it!

That's what we're thinking about in the worksheet today: what's involved, when there's one thing you want more than anything.

Here are some famous athletes.  
Draw a line from each **name** and each **discipline** to the right picture.



Heptathlon  
Long jumper  
Marathon



Usain Bolt  
Mo Farah  
Katarina Johnson-Thompson  
Laura Muir  
Paula Radcliffe  
Greg Rutherford



Middle-distance runner  
Sprinter  
10,000 metres runner



You can find the correct answers on page 12.  
Try and get all the answers before checking!

# The apostle Paul didn't want to be an Olympic athlete!

But he was like one at least in this regard ...



.. there was something he'd really set his heart on and wanted more than anything.

**Have a look at the first part of today's passage and see if you can work out what it was that Paul wanted more than anything else.**



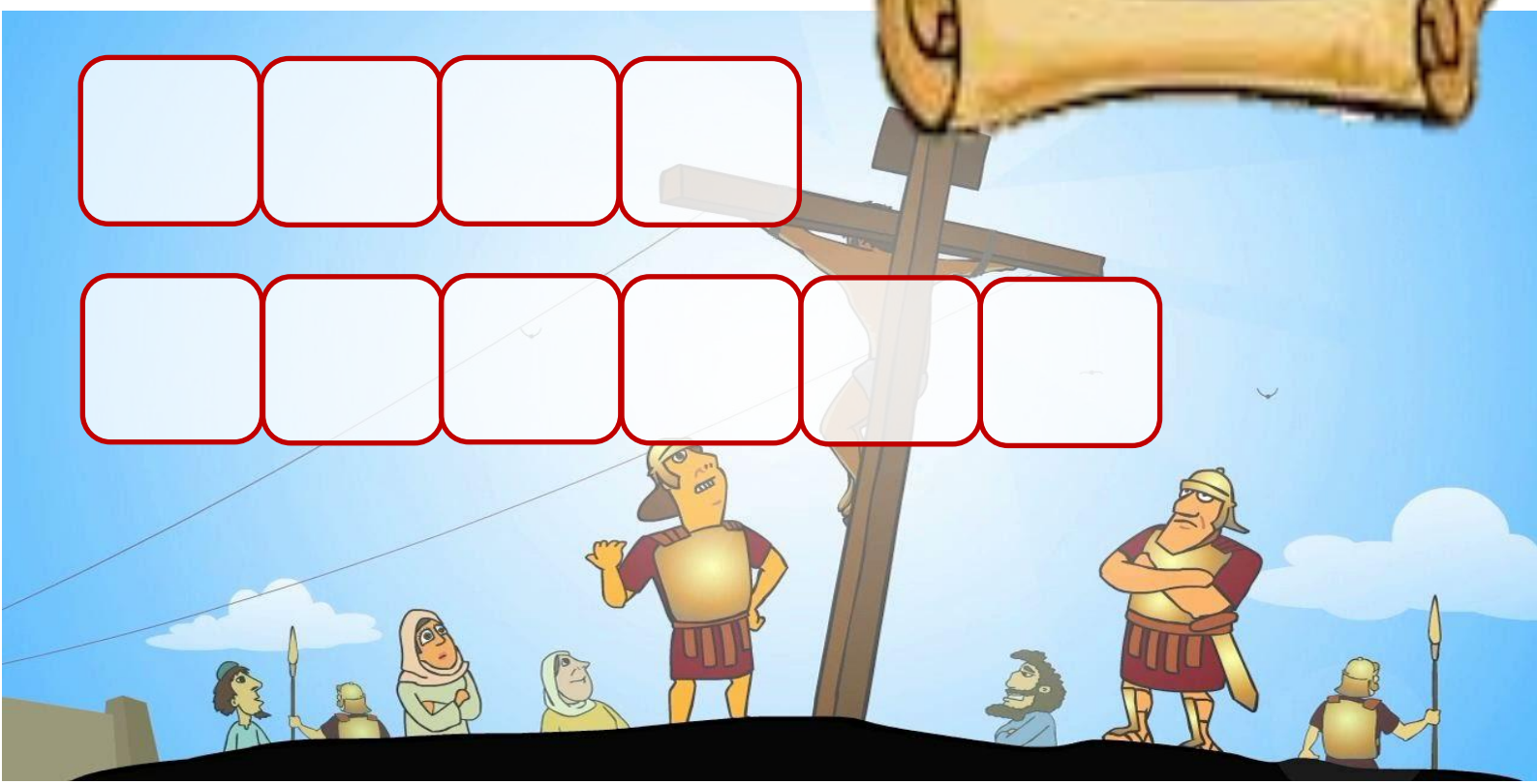
**Write out the answer in the boxes below**

# I want to


Read

**Phil.3.7-11**

<sup>7</sup>But whatever were gains to me I now consider loss for the sake of Christ. <sup>8</sup>What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ <sup>9</sup>and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God on the basis of faith. <sup>10</sup>I want to know Christ – yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, <sup>11</sup>and so, somehow, attaining to the resurrection from the dead.



# Pressing forward

Read

## Phil. 3. 12-14

<sup>12</sup> Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> 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 towards what is ahead, <sup>14</sup> I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

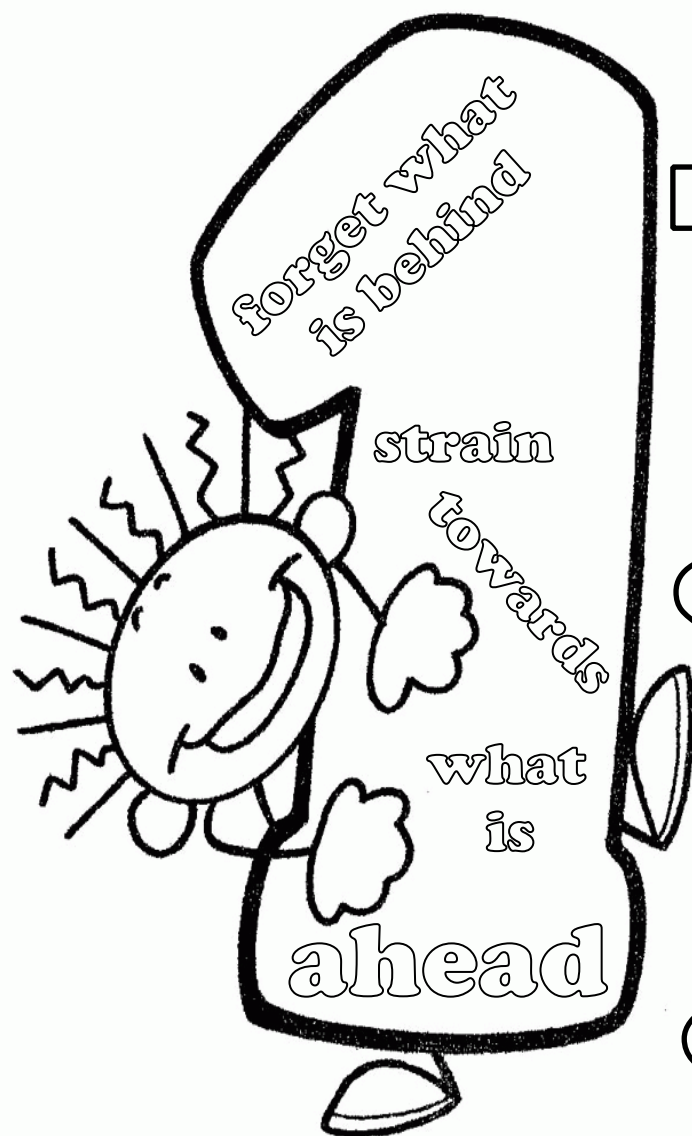
All athletes who are going to win medals know that they can't afford to be distracted.

They have to concentrate on the goal they have in view, and make that what they eat and sleep and live. All the time.

Paul knew that. And so he concentrated on his goal. **One thing I do**, is what he wrote.

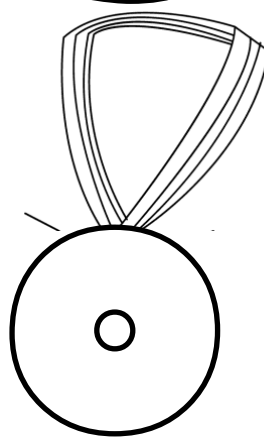
And it was how he lived, too!

**Colour in** that important message – and decide that that's how you'll live too!



One thing

I do



# Straight ahead!

It can be very easy to think about

## what is behind ..

- .. mistakes that you've made ..
- .. chances that you have missed..
- .. all sorts of regrets

Paul made sure he looked ahead.

Can you see from these next verses what Paul was looking forward to?

And why that was so inspiring a thought for him?

**Paul was waiting for**

**\_ \_ A \_ I \_ U \_**

**who will**

**T \_ A \_ S \_ O \_ M**

**our lowly \_ O \_ I \_ S**

Read

## Phil.3.17-21

<sup>17</sup>Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. <sup>18</sup>For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. <sup>19</sup>Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.

<sup>20</sup>But our citizenship is in heaven. And **we eagerly await a Saviour from there, the Lord Jesus Christ,** <sup>21</sup>who, by the power that enables him to bring everything under his control, **will transform our lowly bodies** so that they will be like his glorious body.



# So what?



Read

## Phil.4.<sup>1</sup>

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, **stand firm** in the Lord in this way, dear friends!

## Paul wanted his friends in Philippi to stand firm

If you've ever had to run a long race you'll know that there are times when it gets really sore and you feel like giving up.

Paul knew that it can be like that following Jesus. There are times when it's tough pressing on to know Him better.



**But it's always worth it!**

## Here are some lessons to take away from today's passage –

- Nothing is more important than knowing Jesus!
- Make it your aim to get to know Him better all the time.
- Learn from the example of people you know who really love Jesus.
- Ask God to help you keep following Jesus even when the going is hard.



# A Prayer

Think about what you've been learning in this worksheet.

Now try praying this prayer (or making up your own prayer!)



Thank You, Jesus, for everything You teach me from the Bible.

I can easily get distracted!

There are so many things I want to do, and sometimes these things keep me from getting to know You better.

But I really want to get to know You!

I want to follow You and serve You and be used by You!

Please help me to learn from the passage I've been reading in the Bible today.

Please help me, too, to learn from the example of people around me who clearly know You and love You so much.

Help me to stand firm, to keep following You even when it gets really hard.

Thank You that You've made me

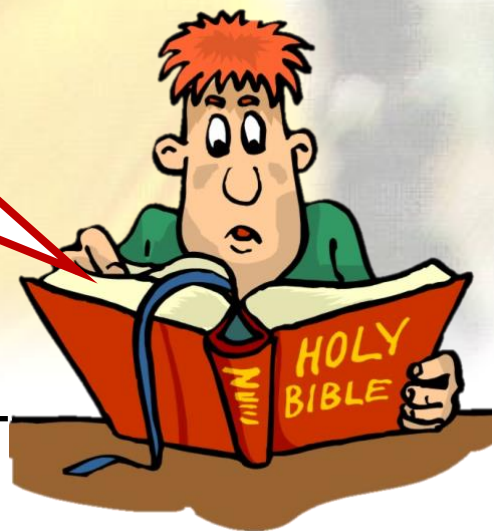
**Alive!**



# Today's verse for you to try and remember!

**“One thing I do:  
forgetting what is  
behind and straining  
towards what is  
ahead, I press on  
towards the goal to  
win the prize for  
which God has called  
me heavenwards in  
Christ Jesus.**

*2 Timothy 2.22*



# A WORDSEARCH

This Wordsearch is based on Luke 9.57-62

*“Jesus replied, ‘No one who puts his hand to the plough and looks back is fit for service in the kingdom of God’”*

E B Q D O P M G F V V Y K A V  
W W A J P J L F Z Z O X I L N  
P E B O O Y H O S Q N F N T A  
H M H M L X D Z W B K H G S L  
K A A I W D F F O X E S D X O  
V N M O N A I O U C D L O D N  
I A A A N Y L S L L Q U M A G  
F K H O R K R K L L F I E H S  
B A F F C L O M I D O C C D Y  
U Y T A O A A C B N A W R J S  
R E B H S B D I O L G I U E S  
Y Y R T E S B Z P C B A L K O  
H U S J U R G D Q Z Z O O L N  
E E W H E R E V E R H O C J I  
N O U Y B E Y Y X L L W C V P

FOXES  
PLOW  
HEAD  
FOLLOW

WHEREVER  
LOOKS  
ROAD  
ALONG

HOLES  
BIRDS  
BACK  
NESTS

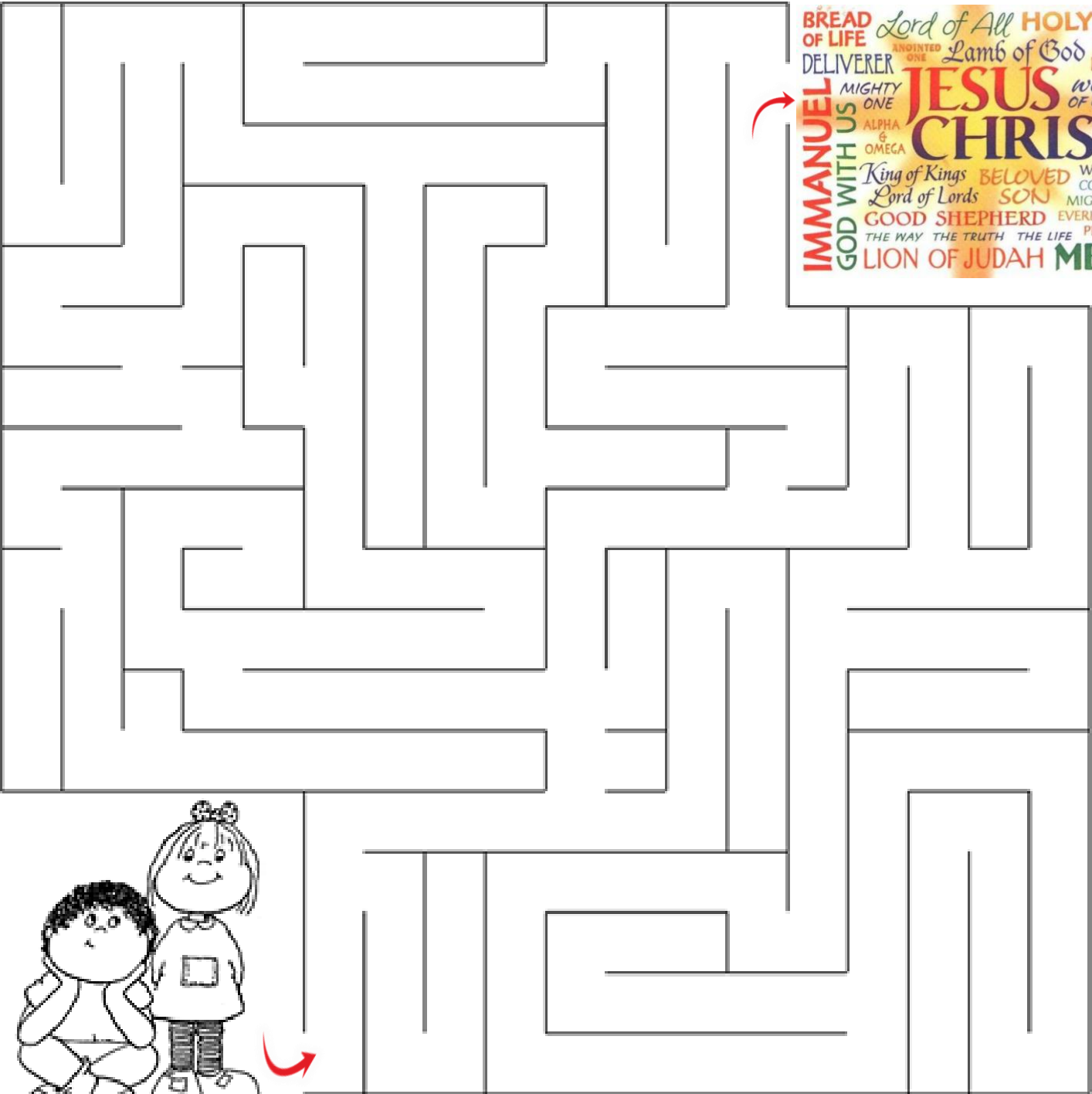
FATHER  
HAND  
PLACE  
BURY

FAMILY  
KINGDOM  
WALKING  
MAN

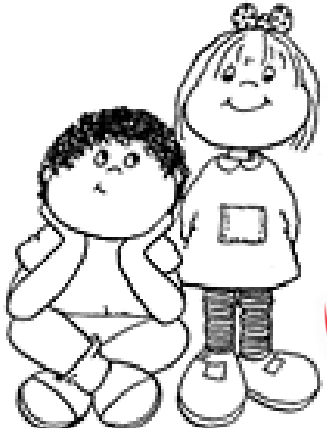
# Pressing on towards Jesus!

Paul was eagerly awaiting the Saviour, the Lord Jesus Christ.

See if you can help the children press on through the maze towards Jesus!



BREAD OF LIFE  
DELIVERER  
MIGHTY ONE  
ALPHA & OMEGA  
IMMANUEL  
GOD WITH US  
Lamb of God  
ANointed ONE  
JESUS CHRIST  
King of Kings  
Lord of Lords  
GOOD SHEPHERD  
THE WAY THE TRUTH THE LIFE  
LION OF JUDAH  
HOLY ONE  
OUR PEACE  
SAVIOUR  
WONDERFUL COUNSELOR  
MIGHTY GOD  
EVERLASTING FATHER  
PRINCE OF PEACE  
MESSIAH  
REDEEMER



# Spot the difference!

Here's Paul writing a letter – there are 14 differences between the two pictures  
Draw a circle round all the differences you can find!



A picture to COLOUR IN!

I PRESS ON  
TOWARD  
THE  
*goal*

TO WIN  
THE

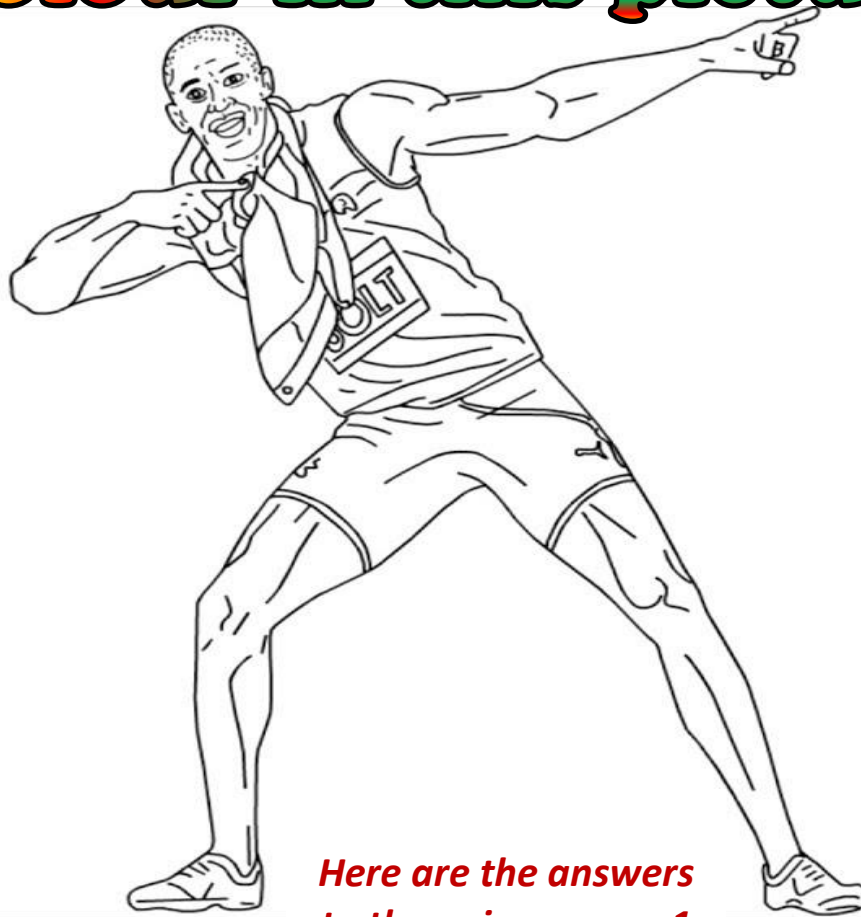


FOR  
WHICH

*God* has  
called me  
HEAVENWARD  
*in* CHRIST JESUS

PHILIPPIANS 3:14

# Colour in this picture too!



*Here are the answers  
to the quiz on page 1*



**Usain Bolt**  
Sprinter



**Greg Rutherford**  
Long jumper



**Katarina  
Johnson-Thompson**  
Heptathlon



**Mo Farah**  
10,000 metres  
runner



**Laura Muir**  
Middle  
distance  
runner



**Paula Radcliffe**  
Marathon