

One Thing I Do . . .  
Philippians 3:13-14

What if you could have lunch with the Apostle Paul?

What if during the lunch, the great Apostle said to you, “there is one thing that I do . . .

The “one thing” is a single action with two parts.

The first part is “forgetting what lies behind.”

There are two things that you need to forget:

- You need to forget your successes.
- You need to forget your failures.

The second part is “straining forward to what lies ahead.”

What “lies ahead” is described in four phrases:

- toward the goal...
- for the prize...
- of the upward call of God...
- in Christ Jesus.

This is often the “one thing” that separates spiritually mature believers from the spiritually immature.