

## **Get Over and Get On**

n/a

### **Ready:**

But everything that was a gain to me, I have considered to be a loss because of Christ. More than that, I also consider everything to be a loss in view of the surpassing value of knowing Christ Jesus my Lord. Because of Him I have suffered the loss of all things and consider them filth, so that I may gain Christ and be found in Him, not having a righteousness of my own from the law, but one that is through faith in Christ—the righteousness from God based on faith. — Philippians 3:7–9

### **Set**

Fifteen girls sat throughout the locker room avoiding eye contact with their coach. They had lost previous games but none this badly. Coach paced the quiet room finding his words. “What happened to this team?” Each word grew louder, leading into the speech the girls had heard before. “Three years ago we won state, now we can’t even win one game! I have never coached a team with less ...” His words droned on, drowning the girls in further defeat.

In his book *Strength for the Journey: Biblical Wisdom for Daily Living*, Peter J. Gomes gives wonderful advice about what to do with the past: “Chuck it, get over it, put it away, and get on with the future.” Whether the past holds victory or defeat, it can distract from the goal God has placed before us. “Christians possess the future because that is where God intends to meet us once again. That is why we must always look ahead and not back, and why we must always trust and not fear. For the Christian, the imperishable slogan must always be ‘Our best days are before us!’ ”

We must press forward, not looking back, showing those under our leadership that more important than the past is victory found only in following Christ.

### **Go**

1. Is there something in your past keeping you from serving in the present and looking to the future?
2. Does your team know that Christ is more important to you than winning another game?

### **Workout**

Extra Reading: Exodus 4:10–16; Psalm 33:16–22; Romans 3:20

### **Overtime**

Lord, grant me the ability to let go of the past and to grasp the future You have for me. Let my

life show all whom I come in contact with that there is nothing more important than following after You. Amen.

**Bible Reference:**

Philippians 3



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