1. DISSATISFACTION - (v12) "Not that I have already attained"

Here's the confession of a spiritual giant, "haven't attained ... perfected"

It's tragic to see Christians self-satisfied with their spiritual development. (Revelation 3:1-6; 1 Corinthians 10:12)

2. DIRECTION - (v13) "but one thing I do"

Paul will not be side-tracked, nor be half-hearted in his effort, nor allow himself to be distracted from the main objective in his life.

Someone said, "Obstacles are what you see when you take your eyes off the goal."

(Colossians 3:1-2) "If then you were raised with Christ, **seek** those things which are above, where Christ is, sitting at the right hand of God. **Set you mind** on things above, not on things on the earth."

Jesus said to Martha, (Luke 10:42) "But one thing is needful" and Nehemiah said, (6:3) "I am doing a great work, so that I cannot come down: why should the work cease, while I leave it, and come down to you?"

3. DESERTION - (v3) "forgetting those things which are behind"

"Forget" - no longer to be influenced or affected in a negative way.

Two dangers of living in the past:

- 1) We tend to remember to distraction (perhaps too many regrets).
- 2) We tend to live off previous successes (and that loses the sense of dissatisfaction).

4. DETERMINATION - (v14) "I press toward the goal"

"Press" - endeavor; exert; push; gut it out; effort.

(Hebrews 12:1; 1 Corinthians 9:24-26; 1 Timothy 4:7)

5. DISCIPLINE - (v16) "let us walk by the same rule, let us be of the same mind"

(2 Timothy 2:5) "... he is not crowned unless he competes according to the rules."

"The same rule" - the Word of God; the set standard; code; regulations; precept.

CLOSE: (2 Timothy 4:6-8) "I fought the good fight, finished the race, kept the faith"