

A couple is walking away from the camera on a sandy beach. The woman is wearing a yellow dress and the man is wearing a white t-shirt and blue shorts. They are holding hands. The ocean is to their right, and the sky is a mix of blue and orange, suggesting sunset or sunrise. The overall mood is peaceful and romantic.

# JUST KEEP

# *Walking*

**HOW TO LIVE A REFRESHING  
CHRISTIAN LIFE**

**Part 4: Philippians 3:1-21**

*How do we change? How do we grow?*

# **Get in the Word!**

**As the mind understands the truth of God's Word, it is gradually transformed by the Spirit, and this renewal leads to a changed life.**

**If you are going to keep walking (*stay on the right path*), there are 2 lessons...**

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**1. You have to keep the right finish line in sight (*vv. 1-16*).**

**2. Be careful who you are following (*vv. 2, 17-21*).**



JUST KEEP  
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# Quest

**a journey in search of adventures; a heroic expedition in search of a particular object**

# Passion

**implies a strong emotion that has an overpowering or compelling effect; implies emotions of burning intensity; intense enthusiasm for an object or cause, usually displayed in vigorous and untiring activity in its support**



# **1. Requires Maximum Effort**

*vs. 12* **“I follow after”**

*vs. 13* **“Reaching forth” (straining toward)**

*vs. 14* **“I press toward the mark”**

## **2. Requires Total Concentration**

*vs. 13* **“But this one thing I do...”**

*vs. 14* **“I press toward the mark of the prize  
of the high calling of God in Christ Jesus”**



### **3. Requires Life-long Perseverance**

*vs. 12* **“Not as though I had already attained,  
either were already perfect”**

*vs. 13* **“Brethren, I count not myself to have  
apprehended”**

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**Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them; for at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them.**

*Ephesians 5:6-11*

I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking twisted things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears.

*Acts 20:29-31*

**But false prophets also arose among the people, just as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Master who bought them, bringing upon themselves swift destruction. And many will follow their sensuality, and because of them the way of truth will be blasphemed. And in their greed they will exploit you with false words. Their condemnation from long ago is not idle, and their destruction is not asleep.**

*2 Peter 2:1-3*

**Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already.**

*1 John 4:1-3*



# *Avoid / Reject!*

- 1. Secular influences - *distorted thinking***

**Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;**

*2 Corinthians 10:5*



Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

*Philippians 4:8*



# ***Avoid / Reject!***

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- 1. Secular influences - *distorted thinking***
- 2. Spiritual influences - *false teachers***

**That we henceforth be no more children,  
tossed to and fro, and carried about with  
every wind of doctrine, by the sleight of  
men, and cunning craftiness, whereby  
they lie in wait to deceive;**

*Ephesians 4:14*

# How can we spot false teachers?

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## Doctrine

- **What does this teacher say about Jesus?**  
*(2 John 9)*

## Gospel

- **Does this teacher preach the full Gospel?**  
*(Gal. 1:7, 9)*

## Fruit

- **Does this teacher exhibit qualities that direct glory to God?** *(Mt. 7:15-20)*

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