

## Forgetting What is Behind and Straining Toward What is Ahead

### **Main Bible Verse:**

(Philippians 3:13-14) 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 toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

### **Prayers of Blessing to the New Friends:**

Ellen Lim, Shao-Li Wu, Feng-Ji Sui, Lily Chen, Na Lin, Rong-Qi Rong, Hui-Ping Si, Ivy Wong, Yao-Wen Liang, Rikki Yan, Juan Zhao, Chao-Yan Yao, Ray Liu, Gianna Liu

### **List of Healing Prayers Request:**

Anne Wang, JT Foo, Winnie Liang, Jian-Hua Wu, Chen-Xu Wang, Shu-Hui Wang, Ying-An Chen, Ying-Zhi Chen, Mei-Lin Ke, Hui-Xin Lai, Qing-De Ren, Mei-Hui Ye, Shu-Hui Ye, Cai-Wen Wang, He-Ping Chen, Ping- Yang Li, Shu-Hui Liu, Jia-Yi Ren, Betty Shen, Rosa Huang, Ya-Ping Su, Mandy Zhang, Carter, Nian-Jiao Chen, Henry Qiao, Zhen-Hui Zhu, Zi-Yuan Pan, Joy Chang, Fu-Hsiang Chen, Christine Zhang, Zhu-Xian Chen, Feng-Lun Bai, Xue-Hui Bai, Xiu-Lan Wu, Hui-Hui Lin, Chu-Xian Chen, Jian-Ping Ren, Feng-Lan Yan, Hui-Mei Liu, Richard Don, Li-Xin Liu, She-Hua Wang, Bi-Yun Wu

### **Prayers for the Kingdom Commission:**

- Monthly Church Fasting and Prayer will be held every last Saturday after Morning Prayer. We encourage brothers and sisters to attend the Morning Prayer at 8:30 and join us for the Fasting and Prayer afterwards.  
Date of Fasting and Prayer in November: 11/30.

### **Summary:**

#### **Philippians 3:10-14 | Acts 9 | Acts 1:8 | Luke 17:30-35 | Genesis 19:15-17 | Genesis 19:23-26**

- When we act upon the word, it is a thanksgiving act to God.
- We must receive Christ and to know Christ.
  - The most important thing in our lives is to have Jesus Christ in our hearts.
    - When we have Jesus in our hearts, we have the whole world.
- What does it mean by it when Paul states, “I do not consider myself yet to have taken hold of it”?
  - Apostle Paul says that he wants to further know Christ and the power of his resurrection.
  - Paul tells the churches that he is not perfect and that he wants to get to know Christ better and have the direction from God.
- To understand Christ more, we must forget what is behind and strain toward what is ahead.
  - We cannot allow our mistakes and regrets to bind our hearts because if our hearts are bound, we cannot move forward.
- On the way to Damascus, Paul received Jesus Christ as his Lord and Savior and believed that Jesus is Lord, repented of his sins, and was filled with the Holy Spirit.
  - Paul needed to forget his past in order to move forward for the kingdom of God.
- What does it mean to forget what is behind?

- We must not allow our past to influence our present.
- We must be willing to confess, repent and follow Jesus Christ.
  - We must believe that Jesus has already forgiven our sins and trust in His word.
  - By the blood of Jesus, we are able to overcome our past.
  - By the Holy Spirit, we are able to overcome.
- We will receive power when the Holy Spirit comes upon us.
  - It is not by our own power that we do anything, but the blood of Jesus and the power of the Holy Spirit.
- Because of the love of Jesus and the power of the Holy Spirit, we will be able to forget what is behind and strain for the kingdom of God.
- We must learn to forgive and let go in order for us to move forward for the kingdom.
  - We must not hold grudges and keep records of the wrong of others.
- We must also repent and ask God for forgiveness of the things that we did wrong.
  - We must continually come to church and pray in the Holy Spirit to let all the condemnation out of our hearts.
- Lot's wife looked back and became the pillar of salt. She did not merely look back to see what happened to Sodom and Gomorrah, but she looked back with her heart longing for her past.
  - If we have anything that we do not want to let go of, we will become stuck and unable to move.
- We must let go, forgive, and forget.
  - Only then will we be able to receive God's new and living way for us.
- We need to not only pray, but also study the word of God and let it guide us and lead us.
- We must remember that we have Jesus Christ and the word of God.
  - As long as we are willing to repent and change, we will be forgiven.

**Philippians 3:10-14 | Acts 2:46-47 | Psalms 8:2**

- Straining for the Lord means that we fix our eyes on Jesus.
- Jesus is the author and perfecter of our faith and the anchor of our soul.
  - We must develop our relationship with the Lord daily.
    - We must read the bible, praise the Lord, and pray in the Holy Spirit.
- We cannot say we love God and not read the word of God.
  - You cannot separate Jesus from the Bible.
  - The Bible is the word from God.
  - The more we read the bible, we will better know the promises and the laws of God.
    - We must read the bible until it becomes life to us.
    - When we continually read the word of God, God will use His word to guide us and lead us.
- When we have Jesus as our best friend, He will tell us all things to come and will guide us and lead us.
- To strain for Christ is to read the bible and pray in the Holy Spirit daily.
  - Only when we are filled with the power of the Holy Spirit, are we able to forget what is behind.
- When we speak in tongues, God will establish a power on us that will allow us to overcome, our hatred, anger, and unforgiveness.
  - When we pray until our tongues become ordained praise, the Holy Spirit will remove all the chaff and condemnation in us and assist us in straining for the Kingdom of God.

- Rather than looking back at our mistakes and having regret, we must repent and ask God to help us change.
- What is the prize that we are seeking?
  - The prize that Paul is speaking of in verse 10 is being able to know Jesus more.
  - When we pray and inquire of the Lord, we will know how to act.
  - Another prize is the great hope of being raptured and reign with Christ for 1000 years.
- Our hearts must be hollow. We must not hold any grudges or hate but focus only on straining for the kingdom.
  - When we strive for the kingdom of God, we will receive miracles in our lives.

Zài zhè měilì de shíkè wǒmen xiāngjù zài yīqǐ  
shén de ài yǒngbàozhe wǒmen  
shén de líng chōngmǎn zhè dì  
dāng chéngxiè jìnrù tā de mén  
dāng zànměi jìnrù tā de yuàn  
jī gǔ tiàowǔ yáng shēng huānhū  
fán yǒu qìxí dōu yào zànměi tā

Chorus

Ràng zànměi cóng sìchù xiǎngqǐ  
ràng yīnfú zài kōngzhōng fēiwǔ  
ràng wǒmen de xīn xiàng shén chǎngkāi  
ràng zànměi cóng sìchù xiǎngqǐ  
ràng yīnfú zài kōngzhōng fēiwǔ  
ràng wǒmen de xīn xiàng shén chǎngkāi

Gǎnxiè nǐ de shízìjià  
gǎnxiè nǐ fù shàng dài jià  
dāndāng wǒ zuì hé xiūkuì  
shǐ wǒ wánquán cì xià qímiào ēndiǎn

Gǎnxiè nǐ wúbǐ dà ài  
gǎnxiè nǐ dīng hén shuāng shǒu  
bǎo xuè xǐ jìng wǒ wūhuì  
shǐ wǒ liǎojiě  
nǐ wánquán bāoróng shèmiǎn

Chorus

Shén gāoyáng pèi dé zuò zài bǎozuò shàng tóu  
dàizhe zūnguì guānmiǎn  
nǐ zuò wáng dào yǒngyuǎn  
lái zūnchóng zànměi yēsū shén er zi  
cóng tiān jiàngxià bèi dīng shí jià  
shén gāoyáng pèi dé shén gāoyáng pèi dé

Thank You for the cross Lord  
Thank You for the price You paid  
Bearing all my sin and shame  
In love You came  
And gave amazing grace

Thank You for the love, Lord  
Thank You for the nail pierced hands  
Washed me in Your cleansing flow  
Now all I know  
You forgiveness and embrace

Chorus

Worthy is the lamb, seated on the throne  
Crown You now with many crowns,  
You reign victorious  
High and lifted up, Jesus Son of God  
The Darling of heaven crucified  
Worthy is the lamb      Worthy is the lamb

Wǒ xiàn shàng gǎnxiè  
yīn nǐ ēndiǎn mǎn yì  
qiānbēi nǐ miàncián wànshì jiē shǔyú nǐ  
wǒ xiàn shàng gǎnxiè  
yīn zhēngzhàn zàiyú nǐ  
zhǐ yuàn bùduàn gǎnxiè  
dìngjīng yǎngwàng nǐ

Chorus

Wǒ gǎnxiè nǐ yēsū  
chēngsòng nǐ shèngmíng  
nǐ de cí'ài cún dào yǒngyuǎn  
wǒ gǎnxiè nǐ yēsū  
yīn nǐ běn wéi shàn  
nǐ de xìnshí zhídào wàndài

Bridge

Yào yǐ gǎnxiè jìnrù nǐ de mén  
yào yǐ zànměi jìnrù nǐ de yuàn

Yuànzhu de ēnhuì cí'ài yǔ nǐ tóng zài  
yuànzhu de líng shí shí wéirào  
ēndiǎn jiàngxià cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ  
ēndiǎn jiàngxià cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ

Chorus

Cì fú yǔ nǐ cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ  
cì fú yǔ nǐ cì fú yǔ nǐ  
píng'ān xǐlè tiāntiān chōngmǎn nǐ



As we come into this place,  
as we gather face to face  
We can feel His sweet embrace.  
And His Spirit fills this place  
let us enter His gates with thanks  
Let us enter His courts with praise  
as we dance and sing for joy  
Everything that has breath worship  
Let praise arise from all the earth

Chorus

Let songs of worship fill the air  
we open our hands and hearts to God  
Let praise arise from all the earth  
Let songs of worship fill the air  
we open our hands and hearts to God

Thank You for the cross Lord  
Thank You for the price You paid  
Bearing all my sin and shame  
In love You came  
And gave amazing grace

Thank You for the love, Lord  
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Washed me in Your cleansing flow  
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Chorus

Worthy is the lamb, seated on the throne  
Crown You now with many crowns,  
You reign victorious  
High and lifted up, Jesus Son of God  
The Darling of heaven crucified  
Worthy is the lamb      Worthy is the lamb

I give You praises  
My heart is full of joy  
You have filled my life  
with Your abundant grace

I give You praises  
My life is in Your hands  
Every moment I'll praise fix my eyes on You

Chorus

Thank You Jesus, praise Your name  
Name above all names.

For Your mercy ever endures  
Thank You Jesus, praise Your name  
You alone are good  
For Your faithfulness ever endures

Bridge

Enter Your gates with a thankful heart  
Enter Your court with a song of praise

May Father's love and His grace be with you

May Holy Spirit cover you

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you

Chorus

Grace upon grace, granted to you

May His peace and joy flow over you

Grace upon grace, granted to you

May His peace and joy flow over you