



Sermon Notes

“Up Ahead”

Philippians 3:12-14

Part 4 of Mental Health Awareness Series

October 29, 2023

By Dr. Bob Lee

Key Verse: “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,” (Philippians 3:13, NIV)

Big Idea: With the help of God and others, we have hope . . . the best days are “Up Ahead.”

Today’s Takeaways:

For the Person:

- God loves you.
- God is with you and within you.
- God has plans for you with potential and purpose.

For the Church:

- Be present and trustworthy.
- Ensure the other is safe, listened to and heard.
- Help others see their divine potential.
- Celebrate what is birthed.