

Stress-Free Living
Making The Most Of Your Life
Philippians 3:7-14

I. How can I make the most of my life?

A. Make an exchange - v.7-9

1. Paul exchanges his life's assets for spiritual liabilities
2. Paul comprehends the excellency of Christ and disdains his personal accomplishments
3. Salvation guarantees exchanges:
 - a) My sin for Christ's righteousness
 - b) My guilt for a clear conscience
 - c) My meaningless life for purpose & significance
 - d) My eternity in hell for eternity in heaven
4. Righteousness is not attainable through the Law

B. Develop my relationship with Christ - v.10-13a

1. Christianity = relationship. Religion = works
2. Relationship guarantees power to be like Him
3. Relationship may result in suffering
4. Relationship guarantees future transformation

C. Let go of my past - v.13b,14

1. Guilt
2. Grief
3. Grudges

II. Change Point: *Am I consistently exchanging my life for what Jesus has provided AND letting go of the past?*