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Paul is using an illustration of an athlete.

As he runs along the prescribed course he forgets all thoughts of past failures, and he strains every nerve in an effort of tremendous concentration on reaching his goal; his one and only concern is to win the race.

Likewise, if we are to succeed in the race of life we must deliberately "forget"; and deliberately "press on".

A. Things which are behind which should be forgotten.

Strangely enough, a good memory is not always a great thing!

It is not the things we forget which we should have remembered that cause the most trouble; it is the things we remember which we should forget.

1. We must forget our past sins.
2. We must forget our past failures.



