

1. Read Philippians chapter one making note of all the times Paul mentions joy or rejoicing.

2. Memorize Philippians 1:3.

3. (a) Read Act 16 and discover how God divinely sent Paul to Philippi. (b) What things happened that caused Paul to write things in his letter like “I thank my God upon every remembrance of you”; “I have you in my heart...”; “I long after you all...”?

4. Read Philippians 1:1-8 along with Galatians 1:1-8. (a) What is the contrast here in the tone of these letters written by Paul? (b) Why?

5. Read Acts 7:58 and Acts 9:1-16. (a) What was Paul’s life like before he was a “servant” of Jesus Christ? (b) What hope does this give you for your own life and for those you are praying for that are without Christ?

6. One of the first ways we can experience joy in our attitudes towards others is by learning to thank God for them. (a) Every day this week spend extra time thanking the Lord for others, especially for those “unlovely” people in your life. (b) What did you learn by doing this?

7. Write at least one note to someone this week to let them know that you thank God for them (and why) and that you are praying for them. (If you are) Perhaps include in your note what things you are praying for.

8. What do you hope to gain from this study? Please write it in the form of a request to God.

1. Read Philippians 1 making note of all the words that are repeated 3 times or more.
2. Memorize Philippians 1:6.
3. Paul's compassion for the Philippians came from his model the Lord Jesus. (a) Look up the following verses to see what caused our Lord to have compassion. Matthew 9:36- 38; 14:14; 15:32; Mark 5:1-20; Luke 7:11-18. (b) What principles can you glean for ministry?
4. Look at the following verses to see what other things the apostle Paul was confident of regarding those he ministered to. 2 Corinthians 2:3; 7:16; Galatians 5:10; 2 Thessalonians 3:4; Philemon 21.
5. Paul says in Philippians 1: 8 "For God is my witness, how greatly I long for you all with the affection of Jesus Christ. (a) Look up the following verses to see what other things Paul mentions that God is his witness to. Romans 1:9; 2 Corinthians 1:23; Galatians 1:20; and I Thessalonians 2; 5 and 10) Why do you think he uses this term so often?
6. Recall and be ready to share some ways that God who began a good work in you is working to complete it.
7. Make a list of those who share with you in the ministry. Spend time thanking God for them.
8. Is there any area of your sanctification that you want to give up on? Put your need in the form of a prayer request.

1. Read Philippians chapter one and write down all the verses that could be used for praying for others.
2. Memorize Philippians 1:10.
3. Summarize Paul's prayer request for the Philippians (1:9-11) in your own words.
4. Read Daniel chapter one. (a) What was Daniel's decision regarding the king's food and wine, and how did he handle the situation? (b) How did Daniel and his three friends compare and/or contrast in wisdom and understanding to the magicians and conjurers (astrologers)? (c) What principles can you apply to your own life considering Daniel and what Paul said to the Philippians: "that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ"?
5. Read Paul's prayer for the Colossians (1:9-14) and re-read his prayer for the Philippians (1:9-11). In which ways are these prayers similar, and in which ways are they different?
6. One of Paul's prayers for the Philippians is that they would be without offense (that they not cause others to stumble or sin). Read Romans 14 where Paul gives specifics on the importance of not causing others to stumble (sin). Write down some principles as well as some questions you might ask yourself before deciding to proceed in a "gray area."
7. Pray Paul's prayer for the Philippians (1:9-11) for yourself and others throughout the week. What blessings did you receive this week from praying this prayer?
8. Examine your prayers. (a) Do you pray from a sense of duty, or are you compelled to pray? (b) Do you pray infrequently or briefly? (c) Do your prayers center on your own needs or the needs of others? (d) Do you pray for the spiritual maturity of others, or do your prayers mainly consist of earthly needs?
9. Which of Paul's requests for the Philippians would you like to see in your own life? Write down your request for the purpose of prayer.

1. (a) Read Philippians 1 making note of the times Paul refers to the gospel. This would include words like preach, the Word, etc. (b) What things do you notice are associated with the gospel?

2. Memorize Philippians 1:18.

3. Read Matthew 10:16-42. (a) What guidelines does Jesus give here for sharing the gospel? (b) Which sufferings does Jesus mention here that Paul endured for the gospel? (You might need to do some further study for this question) (c) What might it cost you to share the gospel?

4. (a) What other Biblical character could say along with the apostle *Paul that the things which happened to me have actually turned out for the furtherance of the gospel?* (b) What lessons can you glean for your own life?

5. How does Numbers 11:26-30 and Luke 9:49-50 coincide with what Paul says in Philippians 1:12-18?

6. Recall a time when you saw God further your ministry while going through a trial. What did you learn?

7. When others share the gospel boldly, how does this affect your own witness?

8. Ask the Lord for an opportunity to share your faith this week, even if you feel like you are in chains. Come prepared to share if He gives you one!

9. What trial are you going through this week? How can you receive encouragement from the verses in Philippians 1:12-18? What would you like to see the Lord do as you go through your trial? Please put this in the form of a prayer request.

1. Read the first chapter of Philippians. (a) What ways does Paul mention that his life brings glory to God? (b) Does your life reflect God's glory in these ways?
2. Memorize Philippians 1:21.
3. (a) According to Luke 6:26 and Luke 9:23-26, what will one's boldness for Christ's sake cost them? (b) What happens to those who are ashamed of the gospel? (c) Are you ashamed of the gospel?
4. (a) Read the following verses and list all the reasons we should not be ashamed as Christians. (b) What are some principles you can glean for your life from these verses? Romans 5:5; 9:33; Ephesians 6:19-20; I Peter 4:16; I John 2:28
5. (a) According to I Corinthians 15:50-58, how are we to live our lives based on what we know about death? (b) Is this how you are living your life?
6. (a) Can you honestly say with the apostle Paul that "to live is Christ, and to die is gain"? (b) If not, what is hindering you from saying that?
7. (a) In what ways can we as believers glorify God with our bodies? (b) What are the areas that you personally need to work on?
8. After looking over your answers from questions 6 and 7, what is your prayer request? Please write it down to share with others.

1. (a) Read Philippians chapter one and make note of the ways in which Paul dies to himself and lives for the sake of Christ and others. (b) Do these ways describe your life?

2. Memorize Philippians 1:23-24.

3. (a) According to II Corinthians 5:1-10, what attitudes should a Christian possess regarding their earthly tabernacle (their body) and their heavenly tabernacle? (b) What should a Christian be doing while waiting to go to their heavenly home? (c) How can we as Christians improve on our earthly journey in order to please the Lord?

4. Read Psalm 55. (a) What are the reasons that David wanted to "escape" this life? (b) How does this compare to the apostle Paul's reasons for wanting to leave this life in Philippians 1:20-26? (c) How do you know from Psalm 55 that David accepted his circumstances? (c) How do you know from the Philippians passage that Paul accepted his circumstances? (c) What principles can you glean for yourself from these passages regarding living and dying?

5. Read the following verses and list all the benefits of departing this life to be with the Lord: Psalm 16:11; Psalm 17:15; Matthew 8:11; Luke 16:25; John 17:24; I Corinthians 13:12; II Corinthians 5:8. (b) What are some of the reasons you would like to depart and be with Christ?

6. (a) Make a list of the things that bring you joy? (b) How do they compare with Paul's list in Philippians chapter one?

7. Recall a time (if there has been one) when your desire to depart and be with Christ was not from pure motives? What did you learn from that experience? What did you learn about accepting the Sovereign will of God in your life?

8. What has God the Holy Spirit convicted you of as you have studied this lesson? Write your thoughts in the form of a prayer request.

1. Read Philippians chapter one and note one new truth you have learned in this chapter as well as one change you are making as a result of studying this chapter.

2. Memorize Philippians 1:29.

3. (a) In Colossians 1:24, what do you think Paul meant when he said that in his sufferings he would “fill up in my flesh what is lacking in the afflictions of Christ, for the sake of His body, which is the church.”?
(b) How do our sufferings “fill up” that which is lacking in Christ’s afflictions?

4. (a) According to Psalm 119:67, 71; II Corinthians 4:17-18; II Timothy 2:12; James 1:2-4; and I Peter 5:10, what purpose does suffering serve? (b) How should you respond to suffering?

5. Hebrews 5:8 says that Jesus learned obedience by the things which He suffered. (a) List at list five ways in which He suffered while He was here on this earth. Please note the Biblical reference as well.
(b) How do you think His suffering taught Him obedience? (c) In what ways does your suffering teach you obedience?

6. (a) How are you conducting yourself in a manner worthy of the gospel? (b) What areas need some adjusting? (c) In what ways do we as believers stand fast and strive together for the faith of the gospel?
(d) How can the church of Jesus Christ improve?

7. (a) Share a time when you suffered for Christ’s sake. (b) Did you rejoice? (c) How were you blessed?

8. After considering that we must stand fast, strive together for the gospel and suffer for the sake of Christ, what is your prayer need? Please write it down for the purpose of prayer.

1. (a) Read Philippians chapter 2 and list all the names used for the Trinity. (b) How many are there? (c) Why do you think Paul uses different names at different times in his letter?

2. Memorize Philippians 2:4.

3. (a) Read I Corinthians 3:1-11, noting how Paul addressed the issue of disunity in the Corinthian church. (b) What warnings are there for our church today? (c) Are you promoting unity or disunity in your church body?

4. (a) According to the following verses, how can we maintain a spirit of unity? Acts 1:14; 2:46-47; Romans 12:5, 16; I Corinthians 1:12-13; I Corinthians 6:7; II Corinthians 13:1. (b) What does God say about this sin according to Proverbs 6:16-19? (c) How could you use these verses to help someone who is having trouble being harmonious with others?

5. (a) What does David liken unity to in Psalm 133? (b) Why? (c) What are the benefits of unity?

6. (a) Determine each day this week to die to yourself and live for others. (b) Did you find this task difficult? (c) What did you learn about yourself?

7. (a) Are you causing any disunity in your local church? (b) Do you honestly try to esteem others better than yourself?

8. After looking over questions 6 and 7, what needs to be changed in your life to make it more conformed to the image of your Savior? Please write this down as a prayer request.

1. (a) Read Philippians chapter two, listing all the commands. (b) Are you obeying these commands?

2. Memorize Philippians 2:8.

3. (a) List at least two examples from the gospel accounts where Christ illustrated His humility (besides His death). (b) What lesson(s) in humility can you learn?

4. (a) What was the “mind of Christ” in the following passages: Matthew 11:29; John 13:14; Acts 10:38; Romans 15:3; I Peter 2:21-23? (b) Since Paul says that we are to have the mind of Christ, do these describe your mind-set?

5. (a) Read Psalm 22 and list all the ways in which Christ suffered on your behalf. (b) What should your response be to this?

6. (a) Does the mind of Christ our Savior live in you from day to day? (b) Does His love and power control all you do and say? (c) Where can you improve? (For example: marriage, children, work, play, relationships, your walk with Him, etc.)

7. (a) Is there an area where you need to humble yourself and be obedient to the Lord? (b) Would you be obedient even unto death if the Lord asked you?

8. Write a prayer of thanksgiving to the Lord for His example of humility to the point of death on a cross!

1. Read Philippians 2, listing any words that are repeated 3 times or more.

2. Memorize Philippians 2:10.

3. (a) Our Lord gives us the supreme example of one who humbles Himself. Because of this the Father exalted Him. Read the following verses and draw principles for why we should humble ourselves before God: Proverbs 11:2; 15:33; 16:5; 21:4; 22:4; 29:23. (b) What other portions of the Word of God come to mind when thinking about humbling ourselves?

4. (a) Read Psalm 148 and list all the different parts of creation that are called to exalt (or praise) the Lord. (b) What are the reasons listed in this Psalm for exalting the Lord?

5. (a) Read John 17 and make note of what Christ says about the Father's glory. (b) How did Jesus glorify the Father? (c) How does this help in your understanding of Philippians 2:11?

6. (a) *To exalt* means "to elevate" or "to lift up". How do we as believers in Jesus Christ exalt the Lord in our personal lives? (b) Note the ways this week that you observe others exalting the Lord in their daily walks. What did you learn? How were you encouraged?

7. Have you bowed your knee and confessed Jesus as Lord? Is He the Master of your life? If not, don't delay. "That day" will be too late!

8. Is there someone you are burdened for that has not bowed their knee to Christ? Please come with a prayer request to share so that others can pray.

1. (a) Read Philippians chapter 2 noting the times "obeying" or "obedience" is mentioned. (b) What is the context for each one? (c) What are the similarities? (d) What are the differences?

2. Memorize Philippians 2:13.

3. (a) Who is mentioned in Numbers 25 that served the Lord with fear and trembling? (b) What does God say about him? (c) What happened to those who did not fear the Lord? (d) What principles can you glean for "working out your own salvation with fear and trembling"?

4. (a) According to the following verses, what are we to work for: John 6:27-29; Hebrews 4:11-12; II Peter 1:10? (b) What are the benefits?

5. (a) Read Psalm 145 making note of every mention of God's power. (b) How does this give you encouragement in light of the fact that it is God who is working in you? P.S. Aren't you glad it's not up to us to secure our own salvation?

6. (a) Are there perhaps some areas that you have been negligent in when it comes to working out your salvation? (individually and/or corporately)? (b) If so, what are they? (c) Determine today to change and let God accomplish what He desires in your life.

7. (a) Would you say that you serve the Lord with fear and trembling? (b) Or do you have an attitude that is flippant? Read Hebrews 12:28-29 to see what God's Word says regarding our attitude towards Him.

8. Write a prayer of thanksgiving to God for your salvation!

1. Read Philippians 2 and list all the attributes of the Godhead.

2. Memorize Philippians 2:14.

3. (a) What were the children of Israel murmuring about in Exodus 16? (b) What does Moses say about their murmurings? (c) Who were they really murmuring against? (d) What does this teach you about the sin of murmuring? (e) What things have you found helpful in your own life to avoid this sin of murmuring?

4. (a) Read Exodus 17. Did the children of Israel repent of their murmuring in chapter 16? (b) How do you know? (c) What does this tell you about mankind?

5. (a) According to Numbers 13 and 14, what were the Israelites murmuring about? (b) What happened to them as a result? (c) What principles can you glean from this passage to share with others who seem to have this problem of complaining?

6. Considering what we have studied in these passages, it is obvious that “there is nothing new under the sun.” Notice how many times this week you murmur about food, drink, circumstances, weather or anything else! Try to correct this sinful habit in yourself and graciously help those in your family to look for ways to praise and to be thankful instead of murmuring and complaining. Be ready to share how God has used this exercise for the purpose of disciplining yourself to godliness.

7. (a) What are some ways that we as believers can “shine as lights in the world”, other than our speech? (b) What areas do you need to work on?

8. What area do you complain about the most? Put your need in the form of a prayer request! Ask God to help you repent!

1. Read Philippians chapter two making note of the similarities and differences in the character qualities of Timothy and Epaphroditus.

2. Memorize Philippians 2:22.

3. (a) What further insights do you read regarding Paul and Timothy's relationship in II Timothy chapter one? (b) What other marks of Biblical friendship are there according to these verses?

4. (a) What are the qualities of a true friend according to the following verses: Proverb 14:20; 17:17; 18:24; 22:11; 27:6; 27:9; 27:10; 27:14; 27:17? (b) Do you possess these qualities?

5. (a) Who does Jesus call "friend" in Matthew 26:47-56? (b) What does this tell you about friendship? (c) Why do you think that those who were his "real friends" forsook Him and fled?

6. (a) Which of the following qualities of friendship is the weakest in your life: a servant's heart; a soul-mate (like-minded); selfless; sincere (genuine); a spirit of a son with a father; and serving or sharing in the gospel? (b) What could you do to improve this?

7. Think of at least three people who are of kindred spirit with you. Pray for them. Let them know this week how much you appreciate their examples and ministries.

8. After looking over questions 4 and 6, write a request asking the Lord to help you be a better Biblical friend.

1. Read chapter 2 of Philippians and write down at least one new truth you have learned in this chapter as well as one change you have made.

2. Memorize Philippians 2:29.

3. (a) Paul says in Philippians 2:25 that Epaphroditus is his brother, his companion in labor, a fellow soldier and their messenger. According to the following verses, who else were companions with Paul in the ministry: Philippians 4:3; Colossians 1:7-8; Colossians 4:7-14; I Thessalonians 3:2; and Philemon 1-2. (b) What things does he say about them? (c) What do you learn from these verses about serving with others in the work of the Lord?

4. (a) Hezekiah was also sick unto death (just like Epaphroditus). Read II Kings 20:1-11 to see how God had mercy on him also. (b) What does this tell you about seeking God when you are sick?

5. (a) Paul tells the Philippians to receive Epaphroditus in the Lord with all gladness (2:29). Read Matthew 10:40-42 and note what Jesus says about receiving others. (b) What are the principles of receiving others and what are the rewards?

6. (a) Has your service for Christ ever cost you your health? (b) Do you labor to the point of exhaustion at times for the Lord? (These are questions you can answer in the privacy of your own heart.)

7. Observe your behavior this week with others, especially believers. (a) Do you receive others gladly? (b) Does your tone of voice and your body language show these things? (c) In what ways can we improve as believers as it relates to being warm and welcoming?

8. As you consider the life of Epaphroditus, which quality of his would you most like to emulate? Put your desire in the form of a prayer request.

1. (a) Read Philippians chapter three listing all the warnings Paul gives. (b) Why do you think he mentions each one?
2. Memorize Philippians 3:2.
3. Paul says in Philippians 3:1, "rejoice in the Lord". (a) Read Nehemiah 8:1-12 and discover the principles for being joyful in the Lord. (b) How could you use what you have just learned to help someone who is struggling with being happy in the Lord?
4. (a) What do the following verses say about "dogs": Deuteronomy 23:18; Psalm 22:16; Psalm 59:5-7; Isaiah 56:10-11; Matthew 7:6; Matthew 15:26-27; Revelation 22:15? (b) What else do you learn about Judaizers (false teachers) when looking at the metaphors used in these verses?
5. (a) Read Romans 4:1-12. Did Abraham believe God before or after his circumcision? (b) What do these verses tell you about Abraham's faith? (c) Was his faith alone or was it accompanied by works? (d) Does Abraham qualify for those whom Paul mentions in Philippians 3:3? (e) What is the danger of thinking we can do good works (even circumcision) to gain favor with God?
6. (a) Paul lists several character qualities of those who are truly circumcised in their hearts in Philippians 3:3. What other things should be present in the lives of those who truly know God according to the following passages: Deuteronomy 10:16; Deuteronomy 30:6, and Jeremiah 4:4? (b) Are these things present in your life?
7. (a) Make a list of the things that cause you to lose your joy. (b) What changes can you make in your life so that you will be able to rejoice in the Lord regardless?
8. (a) Have you been circumcised in the heart? (b) Can you honestly say that you serve God from the heart as well as obey Him from your heart, and not from mere duty or obligation, or to be seen by men? (c) Do you think you could recognize a false teacher?
9. Prayerfully reflect over questions 6 and 7 and come with a request to share.

1. Read Philippians chapter three listing all the commands there are for us to follow.

2. Memorize Philippians 3:4.

3. Read the account recorded for us in Mark 10:17-22 and answer the following questions: (a) Which one of Paul's seven advantages (Philippians 3:5-6) is true of the rich young ruler? (b) What does Christ tell him regarding salvation? (c) What does this tell you about keeping the law? (d) Do you think the rich young ruler was saved?

4. (a) Read John 3:1-21 and discover which of Paul's seven advantages is true of Nicodemus. (b) What does Christ tell Nicodemus about the requirements for heaven? (c) Do you think Nicodemus became a Christian? See John 7:50, 51 and John 19:39.

5. Read Acts 2: 22-47. (a) Which of Paul's seven advantages did these men possess? (b) What was the result of their hearing the gospel?

6. Fill in the following blanks: Before Christ my life was____. After Christ my life is____.

7. (a) Make a list of all the things you could be proud of in regard to your physical and religious heritage. (b) Do you count those things loss for the sake of knowing Christ? (c) Why do we put confidence in our heritage or accomplishments? (d) Would you say there is anything in your past or present that you are still holding onto for the security of your salvation?

8. Is Christ enough for you or are you putting confidence in your flesh? Come with a prayer request to share asking Him to be your security.

1. (a) Read Philippians chapter three, listing all the promises you find there. (b) Are these applicable to all believers?

2. Memorize Philippians 3:7.

3. (a) From the account in Genesis 22, do you think Abraham counted Isaac as “loss for the sake of knowing God”? (b) Support your answer.

4. (a) Find at least one other Biblical example of someone who was willing to lay aside things that he/she counted dear for the sake of Christ. (b) What do you learn from them about the cost of being a disciple of Jesus Christ?

5. (a) According to Luke 14:25-33, what does Jesus say we should consider as loss for the sake of following Him? (b) How does this compare with the gospel message of our day?

6. (a) One of the ways we can know Christ more intimately is by sharing in His sufferings. With that in mind, would you say suffering is hard for you? (b) Why or why not? (c) What joys have you found in suffering?

7. (a) Do you think Jesus Christ is a priority in the church today? (b) What things do you see taking first place in the church and in individuals’ lives over Christ?

8. (a) Is there anyone or anything in your life that has taken first place over the Lord, and kept you from pursuing knowing Him more intimately? (b) Please write your need in the form of a prayer request.

1. Read Philippians chapter 3 listing all the benefits of being a Christian.

2. Memorize Philippians 3:14.

3. (a) What does Paul mean in Philippians 3:12 by the word “perfected”? (You may need to do some research on this question.) (b) How could you use what you have learned to help those in error who think we can be perfected in our earthly state?

4. (a) According to Genesis 19:1-29, who was willing to forget the things that were behind and who was not? (b) What happened to each of them? (c) What does this tell you about the importance of not looking back? (d) How does this relate to what Jesus says in Luke 17:22-37?

5. (a) Did Joseph hold on to his past according to Genesis 45:1-15 and Genesis 50:15-21? (b) How do you know? (c) What principles can you glean for your life about forgetting those things which are behind?

6. (a) Is there an area(s) in your past (good or bad) that you are still holding on to? (b) Why? (c) What means can you take to forget those things and move on?

7. What are some ways in which we as Christians can be reaching forth unto the things which are before and be pressing toward the goal that is set before us?

8. (a) Do you know your purpose in life or why God laid hold of you? (b) Are you fulfilling what He has called you to do?

9. As you reflect on questions 6, 7, and 8, ask the Lord what needs to be changed in your life. Put your need in the form of a petition.

Who are you Following?

1. Read Philippians chapter three and write down all the things you learn regarding God or Jesus.

2. Memorize Philippians 3:16.

3. Philippians 2:1-4 and Philippians 3:15-19 are both passages where Paul appeals to the church at Philippi to be like-minded and to have unity. List all the ways he states that that can be accomplished according to these two passages.

4. (a) How do the five descriptions that Paul mentions in Philippians 3:18 and 19 describe Eli's sons in I Samuel 2:12-36? (b) What other things do you see which characterize those that are enemies of Christ?

5. (a) Paul says in Philippians 3:18 that he weeps over the enemies of the cross of Christ. Contrast Jonah's attitude in Jonah 3 and 4 with Paul's over those who once were "enemies" but then repented. (b) What does this tell you about Jonah, about Paul, about agape love?

6. (a) Can you honestly say as Paul said "join in following my example"? (b) What would hinder you from being able to say that?

7. (a) Have you wept over the enemies of the cross of Christ? (b) Why do you think we as believers don't weep more over Christ's enemies?

8. Which spiritual leaders are you following? Come with a prayer request for them

What Are You Waiting For?

1. Read Philippians chapter 3 and write down at least one new truth you have learned as well as a change you have made.

2. Memorize Philippians 3:20.

3. (a) Read Revelation chapters 4 and 5 and write down some of the things which are transpiring in Heaven. (b) Do you think we long for Heaven as we should?

4. (a) What is Heaven like according to Revelation 21 and 22? (b) Why do you think we search for our joy in the world's blessings over what is yet to come in glory?

5. (a) What do the following verses tell us about the Lord's return: Matthew 24:42-44; Luke 12:36-40; John 14:3; I Corinthians 4:5; Colossians 3:4; I Thessalonians 2:19; Hebrews 10:37; James 5:7-8? (b) How should we live in light of what God's Word says about His Son's return?

6. (a) Of the following things, which are you most looking forward to about going to Heaven: seeing your Savior, going to your new home, or getting a new body? (b) What other things are you looking forward to as you leave this life and go on to the next one?

7. (a) Are you ready for the Lord's return? (b) If you answered "no", what is keeping you from being ready? (c) If you answered "yes", are you compelling others to join you by sharing the Good News with them?

8. After careful consideration of this lesson, what is your prayer to God? Please write it down to share with others for the purpose of prayer.

1. Read Philippians chapter four listing all the attributes of God and His Son Jesus.

2. Memorize Philippians 4:1.

3. (a) What elements are necessary if we want to be of the “same mind” according to I Peter 3:8- 12? (b) What principles can you draw from this passage? (c) Would you say that you endeavor to be of the same mind with other believers?

4. (a) What do you learn about the Book of Life from the following verses: Revelation 3:5; 13:8; 17:8; 20:12, 15; 21:27? (b) Is your name written in the Book of Life?

5. Paul says in Philippians 4:1 that the church at Philippi is his joy and crown. (a) What two words would your pastor use to describe your church? (b) What two words do you think the Lord would use to describe your church?

6. (a) Is there anyone in your local body or the body of Christ that you are not getting along with (including your husband)? (b) What have you done to seek restoration? Please don't put it off.

7. (a) Is there anyone in your local body, or the body of Christ, that you know of, who is not getting along with another? (b) Have you done your part in admonishing them in love to reconcile their relationship? (c) If not, why not?

8. After careful reflection of this lesson, what changes need to be made in your life? Please come with a prayer request.

1. (a) Read the entire book of Philippians and note all the times joy or rejoicing is mentioned. (b) Why do you think Paul mentions this word so often in this little epistle?

2. Memorize Philippians 4:6.

3. (a) According to Habakkuk 3:17-19, what could have been some reasons for sorrowing? (b) According to verses 18 and 19, why is it that we are able to rejoice in the Lord? (c) Rewrite verse 17 to fit your own situation. For example: Although the bank account is low, my best friend has forsaken me, my health is poor, etc., Yet I will rejoice... (use true to life sentences.)

4. (a) Who was anxious in the story mentioned in Luke 10:38-42? (b) What does Jesus say to her? (c) How does this relate to what Paul says in Philippians 4:6? (d) What can you learn from this true story that will help you to be calm while being hospitable?

5. (a) List all the things that could have caused the apostle Paul anxiety according to 2 Corinthians 11:24-12:10. (b) What was his attitude? (c) What can you learn from Paul about the key(s) to overcoming anxiety?

6. What are the things that might have caused the Philippian believers to be anxious?

7. Come prepared to share a time in your life when you experienced the peace of God when you should have (from the world's viewpoint) been experiencing anxiety.

8. (a) Which things or people cause you anxiety? (This question is to be answered discreetly please.) (b) Have you prayed about them? (c) If not, take the time this week and commit those things to God, and then enjoy the blessed peace He will bring as you trust Him. (d) Bring a request so that others can pray for you as well.

What Are You Thinking?

1. Read Philippians 4 and list all the contrast statements. (*Hint-they will begin with the word "but."*)
2. Memorize Philippians 4:8. (*If you have not been memorizing thus far, this is an excellent one!*)
3. (a) What do the following verses say about one's thought life: Psalm 10:4; Psalm 94:11; Psalm 139:2; Proverbs 12:5; Proverbs 16:3; Proverb 23:7; Isaiah 55:7-9; Mark 7:21; I Corinthians 13:5; II Corinthians 10:5; Galatians 6:3; Hebrews 4:12? (b) Write a summary statement of what you have just learned.
4. Paul says in Philippians 4:9 that *if* they do certain things, that the God of peace will be with them. What else is promised from the God of peace according to the following verses: Romans 16:20; I Corinthians 14:33; II Corinthians 13:11; I Thessalonians 5:23; Hebrews 13:20, 21?
5. How does Psalm 19:7-11 correlate with Philippians 4:8?
6. (a) Find an example in Scripture where Paul (or someone else) lived out (practiced) what he preached. (b) What can you learn from this? (c) Why is it important that we live out what we teach?
7. (a) Evaluate your thought life this week. (b) What did you discover about the way you think, or what you think about? (c) What did you discover about yourself?
8. (a) Do you experience the peace of God? (b) What might need to change in order for God's peace to fill your heart and mind?
9. (a) Which is the most difficult aspect of your thought life-thinking things that are true, noble, just, pure, lovely, or of good report? (b) How can we as believers in Jesus Christ change the way we think?
10. After carefully considering questions 7, 8, and 9, how can we pray for you?

1. Read Philippians chapter four listing all the commands.

2. Memorize Philippians 4:13.

3. (a) What are the keys to contentment according to I Timothy 6:6-19? (b) What are some keys to contentment that you have found helpful in your own life?

4. (a) Find a Biblical example of someone who did not practice contentment. What did you learn about them? (b) What resulted from their discontentment?

5. (a) Paul says in Philippians 4:13 that he can do all things through Christ who strengthens him. In light of that, what does Jesus say about doing things in our own strength versus doing things in His strength in John 15:1-14? (b) What principles can you glean for living your life in the power of the Lord?

6. Come prepared to share how God has taught you contentment thus far in your spiritual journey, or how God enabled you to do something by His strength that you thought otherwise impossible.

7. Every day this week practice contentment by thanking God for whatever situation(s) you might find yourself in. Come prepared to share what you learned about being content.

8. What is causing you to be discontent? Put your need in the form of prayer request to God.

1. Read Philippians chapter four and write down one new truth you have discovered in this chapter and one change you have made.
2. Memorize Philippians 4:19.
3. (a) What are the attitudes that should be present regarding our financial giving to those who minister spiritually to us according to I Corinthians 9:1-14 and II Corinthians 9:6-15? (b) What principles are reflected in these passages that you could incorporate into your financial practices?
4. What is the main idea that Jesus is trying to convey regarding financial giving in Luke 21:1-4?
5. (a) According to the following verses *whose* needs were supplied and *how* were they supplied: Genesis 48:15; Deuteronomy 8:3,4; I Kings 17:8-16; Proverbs 3:9-10; Matthew 25:34-40? (b) What principles can you glean for your life, especially if you are tempted to doubt that God will supply all your needs?
6. Think of those who have contributed to your life by meeting your physical and financial needs (i.e.- husbands, employers, etc.). Make an effort this week to thank them for the providing for your needs.
7. Share a time in your life when God provided for your financial or physical needs in an unusual way.
8. What has God the Holy Spirit convicted you of as you have studied this lesson? Put your need in the form of a prayer request.

1. Read all of Philippians with an attitude of thanksgiving and praise to God for all He's done this year in your life through the study of His Word.

2. (a) Memorize Philippians 4:20. (b) What benefits have you observed from memorizing portions of Philippians?

3. Paul gives all the glory to God in Philippians 4:20. According to the following verses, why does God deserve all the glory: Psalm 115:1; Revelation 4:11; 5:9, 12-13?

4. Make a list of all the things that are alike and things that are not alike in the endings of Paul's letters. Romans, I and II Corinthians, Galatians, Ephesians, Philippians, Colossians, I and II Thessalonians, I and II Timothy, Titus, Philemon and Hebrews (if you think Paul wrote this).

5. (a) What way(s) do you think we as believers should greet each other? (b) What way(s) do you like to be greeted?

6. (a) Why do you think we fail to give God the glory for all He has done? (b) How can you personally improve on this?

7. (a) In reflecting over our study, what has been the most dramatic change that has taken place in your life as a result of studying the book of Philippians? (b) What areas still need work? (c) Put your need in the form of a prayer request.

8. I thank my God for you all, and you are truly the joy and rejoicing of my heart! May the Lord grant you a summer of JOY-Jesus First, Others Second-You Last!