

Word for word  
through the  
Word  
of God



**Joy in Christ**

*A Study of Philippians*

**Deo Gloria**

Community Church Rockingham





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## **Introduction**

This personal letter of Paul to the church in Philippi is a letter about joy. Paul is writing this letter from prison in Rome. He describes the joys of following Christ and persevering for the gospel and the secret to being content in any situation. We know from the letter that the Philippians were facing a lot of hardship and that Paul himself was persecuted for his faith.

The congregation in Philippi was the first congregation on European soil. Paul founded the congregation during his second missionary journey in about A.D. 50.

Paul urges the church of Philippi to focus on their discernment of what is important. The priority should be that their conduct be consistent with the gospel of Jesus Christ. And they must do this fearlessly and uncompromisingly. For him, it's not primarily about whether they believe right or articulate it correctly — however important it may be — but whether their lifestyle is worthy of the gospel, even if it means they must suffer for it. After all, suffering is a privilege and a sign of true faith.

Paul is asking the church in Philippi to act as citizens of the heavenly kingdom. Nothing brings more harm and shame to Christians than believers whose lives do not make the truth and wonder of belonging to Jesus visible. Therefore, Paul calls the believers to fight together in spirit and soul for "faith in the gospel," no matter how much opposition to the gospel there is. Their walk should be a powerful testimony that can reveal to people the truth of the faith so that the Spirit can do His convicting work.

Paul also calls the congregation to be "like-minded - one in love, one in spirit and one in mind. They are called to seek unity in Christ and not to use their own imperfect understanding or experience of the gospel as an excuse to argue or disagree with one another. For this, one needs humility, the kind of humility that Jesus came to display, and that should be visible in every believer.

As we grow in our relationship with Jesus, the Holy Spirit changes us more and more to display the attributes of Jesus. And this leads to a greater unity in God's church.

We pray that this study of the letter of Paul to the church in Philippi will strengthen you in your faith and that you will grow closer to God, more like Jesus.

Deo Gloria!  
To God all the honour



## **Week 1 – Pray with Joy**

MEMORY VERSE – *Philippians 1:3-6* - *I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

### **Introduction to this week's study**

Whilst Paul was under house arrest in Rome, he wrote this letter, about 61 AD, to the church in Phillipi. Paul's letter overflows with joy and thanksgiving despite his difficult circumstances. In the first chapter, he expresses his gratitude for their partnership in the Gospel and reassures them of God's ongoing work in their lives. Paul prayed with joy for their spiritual growth. Paul's reflections on his suffering reveal his unwavering commitment to Christ and his belief that to live is Christ and to die is gain. This study invites us to explore themes of joy, unity, and the courage to face trials with a Christ-centered perspective.

## **DAY 1 – Greetings and Thanksgiving**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 1:1-6, Galatians 1:10 and James 1:1*

How does Paul describe himself and Timothy in verse 1? What does this reveal about their attitude towards their ministry?

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What is Paul thankful for in verses 3-6 and what does this reveal about the Philippian church? What does it mean to you?

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**Prayer**



## DAY 2 – Paul's Prayer

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 1:7-11, Ephesians 3:14-19 and James 3:17-18*

What specific things does Paul pray for in verses 9-11?  
How might these prayers apply to our lives today?

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What does Paul mean by "the fruit of righteousness" in verse 11, and why is it important?

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**Prayer**

## DAY 3 – The Advance of the Gospel

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 1:12-14, 2 Corinthians 1:3-7 and Romans 8:28*

What impact did Paul's chains have on other believers (verse 14)? How can our trials inspire others?

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What does this passage teach us about God's ability to use difficult circumstances for His purposes?

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**Prayer**

## DAY 4 - Preaching Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 1:15-18, Mark 9:38-40 and 1 Corinthians 15:3-4*

What can we learn from Paul's attitude towards those preaching out of selfish ambition?

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How does Paul's response in verse 18 demonstrate the principle of keeping the main thing the main thing?

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**Prayer**

## DAY 5 – To Live Is Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 1:19-23, 2 Corinthians 5:6-8 and 1 Thessalonians 4:13-14*

What does Paul mean when he says, "to live is Christ, and to die is gain" in verse 21? How does Paul describe his internal struggle in verses 22-23? Have you ever experienced a similar tension in your faith journey?

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What can we learn from Paul's perspective on life and death as believers in Christ?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 1:3-11 and 20-26*

### Discussion questions

Read Philippians 1:3-6 and 12-14. Paul expresses joy and thankfulness despite being in prison. Can you share a time when you experienced joy or saw God at work during a difficult situation in your life?

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Read Philippians 1:9-11. Paul prays for the Philippians to grow in love and discernment. How do you think love and discernment work together in the Christian life? Can you think of a situation where you needed both?

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Read Philippians 1:15-18. Paul rejoices that Christ is preached, even when some do it with impure motives. How can we maintain a focus on the essential message of the gospel when faced with disagreements in the church?

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Read Philippians 1:21-23. Paul states, "For to me, to live is Christ and to die is gain." What do you think he means by this? How might embracing this perspective change the way we approach our daily lives and plans?

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**Close in prayer**

## **Week 2 – A Life Worthy of the Gospel**

MEMORY VERSE - *Philippians 1:27a* - *Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.*

### **Introduction to this week's study**

Paul's words challenge us to examine our lives and consider how we can embody the gospel in our daily interactions, decisions, and attitudes. He paints a picture of a community transformed by the gospel – one characterised by unity, humility, and mutual care. He presents a profound appeal for unity and selflessness within the Christian community, because the foundation of Christianity is that believers live in unity with Christ. Christ comforts them with tenderness and compassion, through fellowship with the Holy Spirit. These spiritual realities shape our relationship with God and one another. Potential barriers to this unity are selfish ambitions and self-centred attitudes. Paul calls believers to live in the example of Jesus in humility, valuing others above themselves.

## DAY 1 – Standing Firm in One Spirit

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 1:27-28 and Ephesians 4:1-3*

What does it mean to conduct yourself in a manner worthy of the gospel of Christ? In which aspects do you struggle to live a life worthy of the gospel of Christ (if any)?

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Do you experience opposition from family, friends, work colleagues or other people because you want to live a life worthy as a child of God? If yes, how do you handle opposition against your Christian faith?

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**Prayer**



## DAY 2 – Suffering for Christ's Sake

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 1:29-30, 1 Peter 4:12-14 and Romans 5:3-5*

Why does Paul say that suffering for Christ is a privilege granted to believers? Try to put yourself in the lives of the first-century believers.

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How can you maintain a positive perspective when facing struggles for your faith?

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**Prayer**

## DAY 3 – Unity in Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:1-2, Romans 15:5-6 and John 17:20-23*

What are the four aspects of the Christian experience that Paul mentions in verse 1, and how do they contribute to unity? How can you practically "be like-minded" with other believers while maintaining your individuality?

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What does it mean to you to have "the same love" and "one spirit and one mind" in the context of a church community?

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**Prayer**

## DAY 4 – Humility and Selflessness

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 2:3, Romans 12:3,16 and 1 Peter 5:5-6*

Why does Paul warn against selfish ambition and vain conceit? What does it mean to you to "value others above yourselves" in practical terms?

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How can you cultivate genuine humility in your life? Think practically.

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**Prayer**

## **DAY 5 - Looking to the Interests of Others**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:4, 1 Corinthians 10:24,33 and Romans 15:1-3*

Think of the people in your sphere of interest. What are some practical ways you can show concern for the interests of them in your daily life?

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How does looking at the interests of others reflect the character of Christ?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 1:27 – 2:4 and Ephesians 4:1-4*

### Discussion questions

Paul reminds the Philippians and us of the blessings we have in Christ (encouragement, comfort from love, fellowship with the Spirit, tenderness and compassion). How have you personally experienced these blessings in your walk with Christ? How might reflecting on these blessings impact your relationships with other believers?

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Read Philippians 2:1-2. What do you think Paul means by being "like-minded" and "one in love, one in spirit and purpose"? How can we guard against "selfish ambition and vain conceit" in our lives?

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Read Philippians 2:3-4. The passage calls us to "value others above yourselves" in humility. What might this look like in practical terms in your daily life - at home, at work, or in your church community? What challenges do you face in living this out?

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Paul encourages believers to look not only to their own interests but also to the interests of others. How do we strike a balance between self-care and caring for others? Can you share an experience where you've seen this principle in action?

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**Close in prayer**

## **Week 3 – The Attitude of Christ**


*MEMORY VERSE – Philippians 2:3-5 - Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.*

### **Introduction to this week's study**

In the heart of his letter to the Philippians, Paul presents a profound portrait of Christ that has captivated believers for centuries. Philippians 2:6-10 is often referred to as the "Christ Hymn." The hymn begins by affirming Christ's eternal divine nature. It describes His voluntary self-emptying in the incarnation. It portrays His humble obedience, even to the point of death on a cross. It ends with God's exaltation of Christ, elevating Him to the highest place and bestowing upon Him the name above all names. Paul challenges believers to cultivate the same attitude as Christ in their daily lives, embracing humility, service, and obedience.

## DAY 1 – The Divine Nature of Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:6, John 1:1-3, Colossians 1:15-17 and Hebrews 1:3*

What does it mean that Christ was "in very nature God"? How does this relate to His eternal existence?

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Why is it significant that Christ did not consider equality with God "something to be used to his own advantage"?

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How does Christ's attitude towards His divine nature challenge your own attitude about status and privilege?

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**Prayer**



## DAY 2 – The Incarnation

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:7a, John 1:14 and Galatians 4:4-5*

What does it mean that Christ "made himself nothing" or "emptied himself"? What did He give up?

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How does the concept of Christ taking on "the very nature of a servant" form your understanding of His mission? In what ways can you imitate Christ's servant attitude in your daily life?

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**Prayer**

## DAY 3 – The Humanity of Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:7b-8a, Hebrews 2:14-18, Romans 8:3-4 and 1 Timothy 2:5*

Why is it important that Christ was "made in human likeness" and "found in appearance as a man"? (Read Hebrews 2:14-18 again).

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How does Christ's full humanity affect your understanding of His ability to empathise with your struggles?

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**Prayer**

## DAY 4 - The Obedience of Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:8, Matthew 26:39, Hebrews 5:7-9 and Romans 5:19*

How does Christ's obedience "to death" demonstrate the extent of His submission to the Father's will? What is the significance of the phrase "even death on a cross"? How does this emphasise the depth of Christ's humility?

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In what areas of your life is God calling you to deeper obedience, following Christ's example?

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**Prayer**

## DAY 5 - The Exaltation of Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 2:9-10, Acts 2:32-36, Ephesians 1:20-23 and Revelation 5:11-14*

What does it mean for Christ to have "the name that is above every name"? How does this relate to His divine authority?

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How should the truth of Christ's exaltation impact your daily life and your worship?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 2:6-10, John 1:1-3, Colossians 1:15-17, Hebrews 1:3 and John 1:14*

### Discussion questions

How does understanding Christ's divine nature and willingness to humble Himself challenge your own attitude towards status, power, and privilege in your life?

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In what practical ways can you cultivate a servant's attitude like Christ in your family, workplace, and community? What challenges might you face in doing so?

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Read Hebrews 2:14-18. How does Christ's full humanity comfort and encourage you in your own struggles and temptations? Can you share an experience where this truth has been particularly meaningful to you?

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How can we grow in our obedience to God, even when it's difficult or costly? How might we need to adjust our priorities or attitudes to better align with "the attitude of Christ"?

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**Close in prayer**

## **Week 4 – Shine Brightly for Christ**

MEMORY VERSE – *Philippians 2:14-16* - *Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labour in vain*

### **Introduction to this week's study**

Paul encourages and challenges believers to actively participate in our spiritual growth while recognising God's sovereign work within them. The phrase "work out your salvation" reveals an interplay between human responsibility and divine enablement. Paul is not suggesting that we earn our salvation, but rather that we live out the implications of the salvation we've already received. There is a tension between our effort and God's grace, the importance of unity and purity in the Christian community, and our calling to shine as lights in a dark world.

## DAY 1 – Working Out Our Salvation

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 2:12-13, Ephesians 2:8-10, James 2:14-26 and 2 Peter 1:5-11*

What does Paul mean by "work out your salvation with fear and trembling"? How do you balance your responsibility to "work out" your salvation with the truth that "it is God who works in you"?

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What might "fear and trembling" look like in your daily walk with God?

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**Prayer**



## DAY 2 – God's Work in Us

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:13, Hebrews 13:20-21 and John 15:1-5*

What does it mean that God works in you "to will and to act to fulfil his good purpose"? How have you experienced God working in you to change your desires and actions?

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How does the knowledge that God is working in you impact your approach to spiritual growth and obedience?

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**Prayer**

## **DAY 3 - Avoiding Grumbling and Arguing**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 2:14-15a, James 5:9 and 1 Peter 4:9*

Why does Paul specifically mention "grumbling and arguing" as things to avoid? How can grumbling and arguing hinder your witness as a Christian?

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What practical steps can you take to cultivate a spirit of gratitude and unity instead of grumbling and arguing?

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**Prayer**

## DAY 4 – Shining as Stars

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:15b-16a, Matthew 5:14-16, Ephesians 5:8-10 and 1 Peter 2:9-12*

What does it mean to be "blameless and pure" (NIV) in a "warped and crooked generation"? How can you practically "shine like stars in the sky" in your daily life?

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What does it mean to "hold firmly to the word of life," and why is this important for shining as lights?

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## Prayer

## DAY 5 – Paul's Joy and Sacrifice

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 2:16b-17, 2 Timothy 4:6-8, and 1 Thessalonians 2:19-20*

Paul describes his potential martyrdom as being "poured out like a drink offering." How does this metaphor change your perspective on personal sacrifice for the gospel? Can you think of a situation where you might be called to make a significant sacrifice for your faith?

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Paul mentions "joy" twice in this short passage. How does Paul's attitude challenge your own response to hardship or potential suffering for Christ? In what ways can you cultivate a joyful attitude even in difficult circumstances?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 2:12-17, Romans 12:1-2 and 1 John 1:5-7*

### Discussion questions

How do you understand the balance between God's work in us and our responsibility to "work out our salvation"? How does this play out in your daily life?

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In what areas of your life do you find yourself most prone to grumbling and arguing? How can we support each other in cultivating gratitude and unity instead?

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What are some specific ways you can be light in your workplace, neighbourhood, and your other spheres of influence?

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How can we practically "hold firmly to the word of life" in a culture that often challenges or dismisses Biblical truth? What might sacrificial service look like in our context today?

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**Close in prayer**

# **Week 5 – The Priceless Value of Knowing Christ**

MEMORY VERSE – *Philippians 3:10 - I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death.*

## **Introduction to this week’s study**

Imagine being offered \$1 million to give up something precious to you. What would you be willing to sacrifice? As enticing as that offer might seem, the Apostle Paul presents us with a perspective that radically reframes our understanding of value and worth. As believers, we stand to gain far more than any earthly riches could offer through the finished work of Jesus on the cross. We receive grace upon grace, an everlasting relationship with Christ that surpasses all worldly treasures. Paul came to regard everything he once prized as loss compared to the surpassing worth of knowing Christ Jesus. He challenges us to examine our own lives, our accomplishments, our heritage, and our perceived strengths. What do we hold dear? What do we consider gain?

## DAY 1 – Profit or loss

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:7-8, Matthew 16:26 and John 17:3*

Why is knowing Christ more important to Paul than everything else? How does counting everything a loss contribute to greater joy?

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Can you share an experience where giving up something for Christ increased your joy?

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**Prayer**



## **DAY 2 – Knowing Christ is worth everything**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:7-9, James 1:2-7 and Ephesians 1:15-20*

Paul describes knowing Christ as having "surpassing worth." How would you explain this joy-giving value to someone unfamiliar with Christianity?

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What is the difference between knowledge of Christ and knowing Christ?

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**Prayer**

### **DAY 3 – One in Christ**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 3:8-9 and 1 Corinthians 1:30*

What aspects of knowing Christ bring you the most joy? Why?

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What does it mean to be found in Him? How does being "found in him" contribute to a sense of joy and peace that surpasses worldly security?

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**Prayer**

## DAY 4 – A Righteous Relationship

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 3:9b, Isaiah 53:6 and Romans 5:1-5*

How does receiving righteousness through faith in Christ, rather than by our efforts, contribute to our joy?

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How might fully embracing this gift of righteousness increase our daily joy in Christ?

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**Prayer**

## DAY 5 – Knowing Jesus more

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 3:10-11 and Romans 12:12*

Paul desires to know Christ more deeply. How does growing in the knowledge of Christ increase our joy?

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How does the hope of resurrection (verse 11) add to the joy of knowing Christ?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 3:1-14, Romans 15:13 and Romans 5:1-11*

### Discussion questions

How does counting everything a loss contribute to greater joy in your relationship with Christ? Share with others where you have had to “lose” something for the sake of knowing or following Christ.

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Read Philippians 3:9. How do you describe to someone what it means to be righteous? Why is this so important to understand and believe?

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Read Philippians 3:10. What does Paul mean by saying that He wants to know Christ and the power of the Resurrection? Why does participating in Christ's suffering contribute to knowing Christ?

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What factors have contributed to deepening your faith and strengthening your relationship with Christ? How could you use this knowledge to help another brother or sister who needs encouragement in their faith?

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**Close in prayer**

# **Week 6 – Pressing On Toward the Heavenly Goal**


MEMORY VERSE – *Philippians 3:14 – I press on toward the goal to win the prize for which God has called me.*

## **Introduction to this week’s study**

Paul testifies that he presses on in his Christian life. He presses on toward the goal of the prize. He defines the prize as “the high calling of God in Christ Jesus.” Paul presses on toward the goal because he has not yet arrived. Scripture defines the Christian life as being a dynamic, progressive experience with Christ. The Bible portrays the Christian life as a race to be run or a journey to be completed. The Christian life is a spiritual journey that we undertake by the grace of God and with the assurance that we will arrive at our final God-ordained destination. This is an assurance the apostle expressed at the very outset of this epistle when he wrote of God, *“He who began a good work in you will carry it out to completion until the day of Jesus Christ”*

## DAY 1 – The Unfinished Race

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:12-14, 1 Corinthians 9:24-27, Hebrews 12:1-2 and 2 Timothy 4:7-8*

Why does Paul press on toward this goal? How can looking back at the past distract us from running the Christian race?

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What practical steps can you take to "forget what lies behind and strain forward to what lies ahead" in your own life?

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**Prayer**



## DAY 2 – Spiritual Maturity

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:15-16, 1 Corinthians 2:10-16, Ephesians 4:11-16 and James 1:5-8*

Why is Paul so confident about his views? How does God make our errors clear to us?

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Why is it important to "hold true to what we have attained" (verse 16)? How can we do this practically?

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**Prayer**

### **DAY 3 - Following Godly Examples**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:17, 1 Timothy 4:12 and Hebrews 13:7*

Just as you have “us” as a model, who is “us” mentioned in verse 17? “Keep your eyes on those who live like we do.” Who are “those?”

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How can we discern which spiritual leaders or mentors are worthy of imitation in our own lives? In what ways can you be a godly example for others to follow?

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**Prayer**

## DAY 4 – Enemies of the Cross

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:18-19, Romans 16:17-18, 2 Peter 2:1-3 and Jude 1:17-19*

Who are these "enemies of the cross of Christ" that Paul mentions? What characterises their behaviour? What is the destiny of those who are enemies of Christ?

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How well do you know Jesus? How do you measure this? In what subtle ways might we be tempted to set our minds on earthly things rather than heavenly things?

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**Prayer**

## DAY 5 – Heavenly Citizenship

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 3:20-4:1*

What does it mean for our citizenship to be in heaven? How should this impact our daily lives?

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How does the promise of Christ's return and our bodily transformation encourage us in our present struggles? In what ways can we actively await our Savior from heaven?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



Read: *Philippians 3:12-21, 2 Corinthians 4:16-18 and Titus 2:11-14*

### Discussion questions

Read Philippians 3:14. What is “the heavenly calling of God” of which the apostle speaks in this verse?

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In Philippians 3:17, Paul is like a coach calling his team to follow his example. What are the tips the coach has given us in this passage?

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Read Philippians 3:20-21. What are some practical ways we can keep our focus on our heavenly

citizenship while still engaging responsibly with the world around us? How does the promise of our future transformation impact how we view and treat our bodies now?

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In what areas of your life do you find it most challenging to "press on toward the goal"? How can we encourage one another in these areas?

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**Close in prayer**

## **Week 7 – Rejoice in the Lord always**


MEMORY VERSE – *Philippians 4:4-5 - Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.*

### **Introduction to this week's study**

Philippians 4:4-9 stands as a beacon of hope and a practical guide for Christian living, particularly in times of uncertainty and stress. These verses encapsulate some of the most quoted and beloved instructions in the New Testament, offering a roadmap to joy, peace, and spiritual well-being. Paul teaches believers to rejoice always, to replace anxiety with prayer, and to focus their minds on things that are true, honourable, and praiseworthy. This passage challenges us to examine our thought patterns, our prayer life, and our overall approach to daily living as followers of Christ. Paul provides practical steps for experiencing the joy and peace that come from a life centred on God. He also teaches us in our modern context, with its unique pressures and distractions, to cultivate a life of rejoicing, prayer and purposeful thinking.

## DAY 1 – The Call to Rejoice

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 4:4, 1 Thessalonians 5:16-18, James 1:2-4 and Psalm 118:24*

What does it mean to "rejoice in the Lord always"?  
How is this different from worldly happiness? Why do you think Paul repeats the command to rejoice?

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How can you cultivate a habit of rejoicing, especially during difficult times?

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**Prayer**



## DAY 2 – Gentleness and the Lord's Nearness

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 4:5, Colossians 3:12-14 and James 3:17-18*

What does it mean for our gentleness to be "evident to all"? In what areas of your life might this be particularly challenging?

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How does the reminder that "The Lord is near" impact your behaviour and attitude?

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**Prayer**

### **DAY 3 - Overcoming Anxiety Through Prayer**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Philippians 4:6-7, Matthew 6:25-34 and 1 Peter 5:6-7*

What does Paul mean by "do not be anxious about anything"? Is this a realistic expectation? How does the practice of prayer, petition, and thanksgiving help combat anxiety?

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In what ways have you experienced the "peace of God" guarding your heart and mind?

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**Prayer**

## DAY 4 – The Power of Positive Thinking

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 4:8, Romans 12:1-2 and Colossians 3:1-2*

How do the qualities listed in this verse (true, noble, right, pure, lovely, admirable) contrast with much of what we encounter in daily life and media? Why is it important to be intentional about what you allow your mind to dwell on?

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What practical steps can you take to fill your mind with these positive qualities?

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**Prayer**

## DAY 5 - Putting It into Practice

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Philippians 4:9 and James 1:22-25*

What does it mean to you that "the God of peace will be with you"? How is this different from the "peace of God" mentioned in verse 7?

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How does Paul's instruction to "put it into practice" relate to the previous verses about thinking and prayer? In what ways can we follow Paul's example, as he encourages the Philippians to do?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



*Philippians 4:4-9, 2 Corinthians 10:3-5 and Proverbs*

*4:23*

### Discussion questions

How can we balance the command to "not be anxious about anything" with the reality of living in a stressful world? Share a time when you found it particularly challenging to "rejoice in the Lord." How did you overcome this struggle?

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Discuss the connection between our thought life (verse 8) and our actions (verse 9). How have you seen this play out in your own life?

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How has the practice of prayer and thanksgiving impacted your experience of God's peace? Share specific examples.

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Reflect on the qualities listed in verse 8. Which do you find most challenging to cultivate in your thought life, and why?

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**Close in prayer**

## **Week 8 – Joy in My Contentment**


MEMORY VERSE – *Philippians 4:12-13* - *I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

### **Introduction to this week's study**

Paul unveils a profound secret that has the power to transform our lives: the secret of contentment. Paul has learned to find joy and peace regardless of his circumstances. Paul's secret of contentment is deeply rooted in his relationship with Christ. The source of Paul's strength is founded in his faith in Christ. Paul challenges us to reevaluate our sources of joy and contentment. In a world that constantly tells us we need more to be happy; Paul's words offer a countercultural message of finding sufficiency in Christ alone. God wants us to cultivate a contentment that isn't swayed by abundance or want, but is steadfast in every situation, because it is rooted in the unchanging sufficiency of Christ.

## DAY 1 – Rejoicing in Care

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 4:10, 1 Thessalonians 3:6-9 and 2 Corinthians 7:6-7*

What does Paul's reaction to the Philippians' renewed care for him reveal about his character?

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How can we "rejoice greatly in the Lord" when others show care for us without becoming dependent on that care for our joy?

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**Prayer**



## DAY 2 – The Secret of Contentment

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 4:11-12, 1 Timothy 6:6-8, Hebrews 13:5-6 and Proverbs 30:7-9*

What does Paul mean when he says he has "learned to be content"? How is contentment learned?

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How does Paul's contentment in "any and every situation" challenge our typical responses to changing circumstances? In what area of your life do you find it most difficult to be content? Why?

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**Prayer**

## DAY 3 – The Source of Strength

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 4:13, 2 Corinthians 12:6-10, Ephesians 3:16-17 and Isaiah 40:29-31*

How does Paul's declaration in verse 13 relate to his statements about contentment in verses 11-12?

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What does it mean practically to you to "do all things through him who strengthens me"? How can you avoid misusing this verse as a promise for personal success rather than a source of contentment?

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**Prayer**

## DAY 4 - The Blessing of Giving

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Philippians 4:14-17, 2 Corinthians 9:6-8, Luke 6:38 and Proverbs 11:24-25*

How does Paul balance expressing gratitude for the Philippians' gift with maintaining his contentment? What does Paul mean by "credit to your account" in verse 17? How does this relate to our giving?

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How can you cultivate a giving spirit that seeks the benefit of others rather than personal gain?

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**Prayer**

## DAY 5 – God's Abundant Provision

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Philippians 4:18-20, Matthew 6:31-33, 2 Corinthians 9:6-11a and Psalm 23:1-6*

How does Paul describe the Philippians' gift, and what does this reveal about how God views your generosity? What is the significance of Paul's promise in verse 19? How does this relate to contentment?

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How can you live considering the promise that God will meet all your needs?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Philippians 4:10-20, Matthew 6:19-21 and James 1:16-17*

### Discussion questions

How do you understand “to be content in every circumstance?” Share a time when you struggled with contentment. What helped you to overcome this struggle?

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How might your contentment (or lack thereof) affect your witness to non-believers? Can you share an example of when someone's contentment impacted you?

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How does your understanding of God's provision influence your approach to giving and generosity?

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Reflect on the phrase "my God will meet all your needs" (v.19). How does this promise shape our perspective on material possessions and financial security?

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**Close in prayer**





DEO GLORIA



Glory to God -  
Making God's glory known

COMMUNITY



Creating community -  
Serving the community

CHURCH



A loving family of God  
in Rockingham

WORD-BASED



The Bible is the  
foundation of truth

CHRIST-CENTRED



Jesus is the centre  
of our faith

SPIRIT INSPIRED



God's Spirit inspires us  
to live and proclaim  
His truth

DISCIPLE-MAKING



Journeying together,  
following Jesus in obedience