5 Week Study on Philippians
This study will use the Inductive Method of Study, in which you observe, interpret, and apply the text. Some examples of the types of questions in each are listed below. Remember, you don’t have to rely only on the questions provided throughout the study; you can do independent observing, interpreting, and applying, also.

**Observation: What do I see?**

- Look for key words, similarities and differences, cause and effect, unique phrases.
- Ask questions like who, what, when, where, why, and how.

**Interpretation: What does this mean?**

- Establish the author’s intended meaning.
- Look up and define key words or phrase that you don’t understand.
- Cross-reference other Bible verses to help shed further light.
- Write out the big idea of the passage.

**Application: How does it apply to my life?**

- Points of impact: personal, family, church, job, school, community, world.
- Questions: Is there a promise to hold? Command to obey? Sin to avoid? Example to follow? Warning to heed? Prayer to lift up? Problem to solve? What changes do I need to make in my beliefs, attitude, and behavior?

*It is my prayer that as you study Philippians, you will grow in your love for Christ and learn to be content in every situation.*

*God Bless!*

*Pastor Tom*
Outline for the Study

This study is designed as a follow-up to the Sunday morning sermons listed below. You can go through a whole lesson in one day or break it up throughout the week. Make an effort to come back to the prayer section each day and meet with the Lord. This is a simple guide to help you observe, interpret, and apply the truths you discover throughout the week.

Week 1: September 9 – 15
Unlocking Joy When Life Pounds on You / Phil. 1:1-30

Week 2: September 16 – 22
Unlocking Joy When Relationships Unravel / Phil. 2:1-11

Week 3: September 23 – 29
Unlocking Joy When Life Stinks / Phil. 2:12-30

Week 4: September 30 – October 6
Unlocking Joy When You Feel Like Quitting / Phil. 3:1-21

Week 5: October 7 – 13
Unlocking Joy When Your Heart is Anxious / Phil. 4:1-23

An Introduction to the Book of Philippians

The apostle Paul wrote the letter to the Philippians while he was in prison around AD 62. It was written to Christians in the Roman colony of Philippi. Philippi was especially important to Paul since it was the first church he founded in Europe (see Acts 16:6-40). Although the letter shows evidence of some conflict among the Christians in Philippi, there is also evidence that, overall, the church in Philippi was a strong, healthy one. Paul writes to encourage them to live out their lives as citizens of a heavenly colony, as evidenced by Jesus and some of their contemporaries (Paul, Timothy, and Epaphroditus).
Week One / Unlocking Joy When Life Pounds on You / Philippians 1

Read all of Philippians 1

Observe:
From the first two verses, provide the following information:
Name the two messengers who sent the letter, how they were described, to whom the letter was sent, where the recipients were located, and whom the messengers represented.
From verses 3 through 11, what is Paul’s vision for the Philippians?
What does Paul pray for in verses 9-11?
What are the three sources of/reasons for joy in verses 4, 25, and 26 of this chapter?

Interpret:
What do we learn about the city of Philippi from Acts 16:12-40 and I Thessalonians 2:2?
What do verses 3-8 say about healthy Christian relationships?
From the following verses below, what are some reasons for Christians to rejoice?
Matthew 5:12; Luke 10:20; John 16:22; Romans 5:2; Romans 5:3; Romans 5:11
What do the following verses tell us about our attitudes towards suffering persecution for Christ?
Acts 5:41; Romans 5:3; Philippians 1:29; James 1:2; 1 Peter 4:13
What evidence of God’s grace do you see in Philippians 1?

Apply:
How would you react if government officials came to your house tonight and arrested you for your faith in Christ Jesus? Would you be: Angry that you did no wrong? Afraid of what would come next? Worried about your family? Praying to God? Resolved to suffer? Joyful to suffer? Witnessing to those arresting you? Other?
Can you think of any events in your life which, although unpleasant at the time, served to advance the gospel?

Prayers Throughout the Week:
Adoration: God, I praise You because You are...
Confession: Lord, I am sorry for...
Thanksgiving: God, I am grateful for...
Supplication: Heavenly Father, I lift up and pray for...
Week Two / Unlocking Joy When Relationships Unravel / Phil. 2:1-11

Read Philippians 2:1-11

Observe:
In verse 1, the word “if” occurs four times; it is used in the same sense that we use the word “since” and describes four conditions. What are the four conditions Paul cites in verse 1 to encourage the Philippians to do the things he asks of them in verse 2?
What four things is Paul asking the Philippians to do in verse 2 and how would Paul benefit if they did so?
What do those four things have in common?
What does God tell us to do in verses 3 and 4?

Interpret:
What does it mean to consider someone better than yourself?
Carefully reread verses 5-11. What is our main motivation for being humble?
What seems to be wrong in the church in Philippi, based on this passage?
What evidence of God’s grace do you see in Philippians 2:1-11?

Apply:
How does humility differ from being a doormat?
How does this passage challenge society’s definition of success?
Who do you admire because she/he truly puts the interests of others over his/her own interests?
Reflect on your thoughts concerning the fact that Jesus, who is in His very nature God (v. 6), took the nature of a servant, humbled Himself, and became obedient to death (vv 7-8). What implications does this have for you in terms of humility for the sake of the gospel?

Prayers Throughout the Week:
Adoration: God, I praise You because You are...
Confession: Lord, I am sorry for...
Thanksgiving: God, I am grateful for...
Supplication: Heavenly Father, I lift up and pray for...
Week Three / Unlocking Joy When Life Stinks / Phil. 2:12-30

Read Philippians 2:12-30

Observe:
In verse 14, Paul tells the Philippians to do everything without complaining or arguing. What does he give as our motivation to do so?
From verses 19-24, what are two or three words you would use to describe Timothy?
From verses 25-30, what are two or three words you would use to describe Epaphroditus?
How did God extend mercy in verse 27?

Interpret:
What does it mean to work out your salvation? [Hint: the Greek word translated “work out” here has the nuance of carrying something out to the goal.]
In regards to salvation, what work is ours and what work is God’s? The following verses may help you:
John 6:44,65
Romans 10:9-11
Ephesians 2:7-10
Philippians 1:3-6
Why might it be argued that verse 13 is the most important verse in this passage?
Paul uses the illustration of his life as a drink offering. This was an offering that would have been familiar in both the Old Testament and Greek and Roman culture, in which one would pour out wine on an altar along with a sacrifice for God. What does it mean when Paul uses this illustration for his life?
What evidence of God’s grace do you see in Philippians 2:12-30?

Apply:
As fallen creatures, the truth is, there will be conflicts among us. So when we have a conflict, how should we handle it according to the following verses? Leviticus 19:17-18; Matthew 5:23-24; Matthew 18:15-17; Matthew 18:21-35; Luke 17:1-4; Colossians 3:12-14
What attitudes can you change in a conflict that you are having?
How can you pray for those with whom you are in conflict?

Prayers Throughout the Week:
Adoration: God, I praise You because You are...
Confession: Lord, I am sorry for...
Thanksgiving: God, I am grateful for...
Supplication: Heavenly Father, I lift up and pray for...
Read all of Philippians 3

Observe:
Paul says in verses 3-6 that, although he has seven reasons to put his confidence in the flesh, he does not. Why are these reasons cited here in Philippians and who do you think that he was appealing to in reciting them?
In his “profit and loss” accounting system, how does Paul ultimately figure the worth of his religious credentials?
What, to him, is worth losing everything?
Using the imagery of a track race, where does Paul picture himself in his spiritual life? (verses 12-14)
What is the message to the Philippians and to the church today in verse 15?
What does verse 19 tells us about these aspects of the enemies of the cross?
   Their destiny: _______________; their god: _______________; their glory: _______________; their mind: _______________

Interpret:
Why is Paul so concerned about those dogs in verse 2?
Paul tells the Philippians to be wary of those dogs, men who do evil and mutilators of the flesh. In Matthew 7:6, Jesus tells us not to give dogs what is sacred. What types of people are characterized as dogs in Revelation 22:15?
Which of the types of people or dogs described in Revelation 22:15 are also present in Philippi according to verses 2-3 and Acts 16:16?
What does confidence in the flesh mean?
What does a reading of 1 Corinthians 15:35-54 teach us about our own resurrected bodies?
What evidence of God’s grace do you see in Philippians 3?

Apply:
Who or what are the dogs in your life for which you have to watch out?
Like Paul, what are some things that you might be tempted to put your confidence in concerning salvation, other than Christ?
What do you look forward to the most when you think about heaven?
What does it mean to you to be a citizen of heaven and the heir of God’s kingdom?

Prayers Throughout the Week:
Adoration: God, I praise You because You are...

Confession: Lord, I am sorry for...

Thanksgiving: God, I am grateful for...

Supplication: Heavenly Father, I lift up and pray for...
Week Five / Unlocking Joy When Your Heart is Anxious / Phil. 4:1-23

Read all of Philippians 4

Observe:
Paul describes a situation in verses 2-3. What is the problem? What solution is proposed?
How is the church motivated to solve the problem?
What does Paul say to do to relieve yourself of stress?
What is Paul’s secret to contentment?
What are some things that the Philippians (and we fellow Christians today) should and should not do that will give them/us the peace of God in the verses below?
Verse 4:
Verse 5:
Verse 6:
Verse 8:
Verse 9:

Interpret:
What does it mean to have one’s name written in the Book of Life? (See Rev 20:11-15 and 21:9-27)
How does Paul’s view of contentment compare with the modern world’s view of contentment?
Read the following passages of scripture: 1 Corinthians 4:9-13; 2 Cor. 6:3-10; 2 Cor. 11:21-28.
How did they help Paul learn the secret he mentions in verse 12?
What evidence of God’s grace do you see in Philippians 4?

Apply:
What do you tend to worry about?
Paul exhorts the Philippians to think on seven things in verse eight shown below. What about you?

<table>
<thead>
<tr>
<th>Things I can think about that are true, noble, right, pure, admirable, excellent or praiseworthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>true</td>
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<tr>
<td>noble</td>
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<td>excellent</td>
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<tr>
<td>praiseworthy</td>
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</tbody>
</table>

What can you or could you think about? Fill in the table below.

Prayers Throughout the Week:
Adoration: God, I praise You because You are...
Confession: Lord, I am sorry for...
Thanksgiving: God, I am grateful for...
Supplication: Heavenly Father, I lift up and pray for...
Gateway Christian Church

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