

Philippians – Lesson 4

I Got Your Back (Looking out for one another)

Verses to Remember

I have no one else like him, who takes a genuine interest in your welfare. (Phil 2: 20 NIV)

But I think it is necessary to send back to you Epaphroditus, my brother, fellow worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. For he longs for all of you and is distressed because you heard he was ill. Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. Welcome him in the Lord with great joy, and honor men like him, because he almost died for the work of Christ, risking his life to make up for the help you could not give me. (Phil 2:25-30 NIV)

Workbook Activity

Who Cares? (Part 1)

Write down three people who you love, trust, and deeply care for. They should be people that love, live, and care for you, too.

1. _____ 2. _____
3. _____

Why did you pick each person?

1. _____
2. _____
3. _____

Be ready to share why you chose at least one of these persons.

Philippians 2: 19-24

1. What do we know about Timothy from this passage? List some of the things mentioned.

2. What is the relationship between Paul and Timothy?

3. How does Paul want to use Timothy?

4. If you could sum up Timothy in one word, what word would you choose?

Philippians 2: 25-30

1. What do we know about Epaphroditus from this passage? List some of the things mentioned.?

2. What is the relationship between Paul and Epaphroditus?

3. How does Paul want to use Epaphroditus?

4. If you could sum up Epaphroditus in one word, what word would you choose?

5. How many relationships like this can you name in the bible?

6. What is the significance of these types of relationships being all over the scriptures?

Workbook Activity (10 minutes)

Who Cares (Part 2)

Refer to the three people you chose at the beginning of this lesson. These people may be your Timothy and your Epaphroditus. Think again about what they've done to earn that position.

- Where would you be in life without those people?
- How can you be a Timothy or Epaphroditus to someone else?
- How likely do you think you would be named on someone else list?
- What do you think it takes to become a person who is trustworthy like Timothy or Epaphroditus?

Homework:

- Memorize Philippians 2: 20 and Philippians 2:25-30.
- Look for different ways that you can be an encouragement to someone you meet in the next few days.
- Pray for your Timothy and Epaphroditus every day this week.