

# Philippians – Lesson 5

## What Really Matters

### Verses to Remember

“Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.” (Phil 3: 12 KJV)

“But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death; If by any means I might attain unto the resurrection of the dead.” (Phil 3:7-11 KJV)

### Workbook Activity (10 minutes)

#### How Am I Blessed? (Part 1)

Take a few moments to jot down some of the things you are blessed with and why. At least three or four things you do well, and three or four possessions you truly value or are proud of. Your examples will be used later on in the lesson.

#### Things that I can do well

1. \_\_\_\_\_ Because: \_\_\_\_\_
2. \_\_\_\_\_ Because: \_\_\_\_\_
3. \_\_\_\_\_ Because: \_\_\_\_\_
4. \_\_\_\_\_ Because: \_\_\_\_\_

#### Possessions I truly value:

1. \_\_\_\_\_ Because: \_\_\_\_\_
2. \_\_\_\_\_ Because: \_\_\_\_\_
3. \_\_\_\_\_ Because: \_\_\_\_\_
4. \_\_\_\_\_ Because: \_\_\_\_\_

### Philippians 3: 1-6

1. Why do you think Paul writes “finally” when he’s only about half way through his letter?

---

---

2. Who were the “dogs” Paul talks about in verse 2?

---

---

3. Who is Paul referring to when he says "we are the circumcision?"

---

---

4. What are some of the things that Paul says are true of him that would qualify him as for salvation according to the "dogs" system?

---

---

**Philippians 3: 7-9**

1. What religious accomplishments do you take pride in?

---

---

Take a look at your list completed earlier. Is taking pride in religious accomplishments any better than taking pride in non-religious achievement? (yes) \_\_\_\_\_ (no) \_\_\_\_\_

2. What does Paul say he counts as loss in verse 7?

---

---

3. What does Paul say he counts as loss in verse 8?

---

---

4. How does Paul describe his former way of live in verse 8?

---

---

5. What makes us righteous according to verse 9?

---

---

**Philippians 3: 10-16**

1. What do verses 10-11 mean to you, especially considering Paul's circumstances?

---

---

2. What is the ultimate goal/prize that Paul talks about here?

---

---

3. How does one "press on" as indicated by Paul?

---

---

4. What kind of things do you face that keeps you from being closer to Jesus? What attitudes, possessions, or external stressors hold you back?

---

---

5. What is meant in verse 16 by "What we have already obtained?"

---

---

**Workbook Activity (10 minutes)**

**How Am I Blessed? (Part 2)**

**Refer to the list you created at the beginning of this lesson.**

After hearing what Paul said about how he considered his accomplishments in life before knowing Christ, how does that make you feel about each item on your list?

---

---

What if any of these things may be holding you back or hindering you from following Christ?

---

---

What are you proud of? What do you have that you love? Is there anything on your list you need to surrender to Jesus Christ?

---

---

**Homework**

- Memorize Philippians 3: 12 and Philippians 3:7-11.
- Plan your week ahead to include a generous amount of quiet time to spend with the Lord.
- Find a quiet place and spend at least thirty minutes one day this week to simply listen to God.