

Philippians - Lesson 7 Workbook

Be Near, Oh God

Philippians 4:2-9

1. What four words do you think make this whole passage stick together? _____

2. Do you act differently when God is around than when He isn't?

3. Does the consistency of your life reflect the nearness of God?

4. Is there ever a time when God is not around?

Job 38

1. How many things can you name that God did and that He is asking Job if he could do?

2. What can we learn about God from these verses?

Philippians 4:2-3

1. What seems to be the problem in Philippians 4:2-3?

2. Not counting their funny names, what is the problem between the women mentioned here?

3. What is Paul advising the Philippians to do?

4. How can living in a community, any community be annoying, hard, fun, or take work?

5. What do you think of when you think of discipline? How is discipline good? how is it unpleasant?

Philippians 4:4

1. Paul says we should have joy always. Name some times that it is difficult to have joy.

2. Why does Paul repeat himself in verse four?

3. Who can remember, where Paul is when he is writing these words?

4. Do you think it was hard for Paul to have joy as he spent all this time in jail? Why or why not?

Philippians 4:6-7

1. What were you most afraid of when you were a kid? Why? How did you deal with it?

2. What is it about being with someone else that helps us worry less?

3. If we can realize that our Lord is near, how much easier would it be to face life day in and day out?

Philippians 4:8-9

1. What does it mean to think on things that are... true? noble? right? pure? lovely? admirable? excellent? praiseworthy?

2. How do your thoughts affect your actions?

3. What does God think of your thought life? Is he pleased?

Chose at least one of the exercises below to work on during the week and be willing to share during the next class.

Living in a Community

Option #1

On purpose, meet three Christians you've never met before. Don't just say hi, but have a conversation with them. Get to know them. Maybe it's someone at church you don't know, an elderly woman or a student you have never met, or someone at school you know is a believer but you've never gotten to know. Ask them how long they've been a Christian, what they do for fun...just get to know them. In this way you can expand your Christian community.

Option #2

Talk to a believer with whom you have had conflict. Apologize, sincerely, and seek reconciliation. Pray with them about the problems you've had, involve an adult if you need to, and make your Christian community more pure as a result.

Rejoice in the Lord Always

Option #1

Write down on paper every thing in your life is bad. Trouble at home, trouble at school, temptations, struggles with your siblings, just write it all out and don't hold anything back. Then read James 1:2-4. read your list, then read the passage. Repeat this a couple of times. One by one, cross each struggle out, and beside it write "joy." Pray to God that he will give you a spirit of joy at all times.

Option #2

Sing joyfully. Seriously, just sing. but sing joyfully to God. Thank Him, praise Him. Do it by yourself or do it as a group. Sing and pray joyfully and thankfully for at least 30 minutes. Do it in the shower, do it in your car, do it in your room...just do it, and do it joyfully!

Don't Worry, be Happy

Option #1

Lay completely still. No music, no sound. Don't even pray at first. Just lay still. Try and clear your head of all the things going on, the things you worry about. Lay completely still for at least 10 minutes. Time may seem to creep, but hang in there. Then read Psalm 121 a few times, and pray that God would help you to trust Him instead of worrying.

Option #2

Keep a daily journal of all the things you worried about that day. Before you go to bed, make the list and give those things to God. Don't do it in a shallow way, give those things to Him sincerely, and trust Him with **them**.

Think on These Things

Option #1

Participate in a fast, not from food, but from things that affect your thoughts. Fast from music...avoid music that fills your mind with impure, dishonest thoughts. Fast from movies and television...don't watch any television for a set amount of time, at least a week. Fast from the Internet...chatting, posting, etc. Instead, put in God's Word by reading Philippians once a day.

Option #2

Set up an accountability relationship. Pick a person and submit yourself to them. Every time you have an impure, unpraiseworthy, or otherwise contrary thought according to Philippians 4:8, share that with your accountability partner. Ask them to help your thought life by praying for you every time you confess to another bad thought.

Homework

- Memorize Philippians 4:4-8.
- Choose at least one of the options from the four spiritual disciplines on the next page.
- Do what it says during the next week, and be willing to share during the next class.