

Philippians – Lesson 1 Workbook

Paul's Relationship with the Philippians

Verses to remember

"I thank my God every time I remember you." (Phil 1:3 NIV)

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ — to the glory and praise of God." (Phil 1:9-11 NIV)

Acts 16:6-10

1. Why would the Holy Spirit prevent Paul and Co. from preaching the gospel anywhere?

2. What happened that got Paul's attention to go to Macedonia?

3. When did Paul and Co. decide to react upon God's calling to go?

Acts 16:11-15

1. Where did Paul and company settle while waiting for the Sabbath?

2. Why do you think they sought out those who were already gathering in prayer?

3. If Lydia was a worshiper of God, then why did she need to respond to Paul's message?

4. What did Paul's message encourage Lydia and her household to do?

5. Do you ever stay at someone else's house?

6. What type of people do you let stay at your house

7. What does this say about how Christian's relate to each other?

Acts 16:16-40

1. What got Paul and Silas jailed in the first place?

2. What happened to Paul and Silas before they were thrown into the jail?

3. What happened to Paul and Silas once they were in prison?

4. With all that they had endured (a flogging like what Jesus may had endured, a beating from the crowd, placement in stocks in a dark, damp cell) how do you think they mustered the strength to praise God?

5. . How do you find strength to praise God during difficult times?

Philippians 1:1-11

1. With what emotions did Paul write his letter to the Philippians?

2. How do you think the Philippians reacted when they read it?

3. Why was Paul's relationship with the Philippians so special, based on verse 7?

Homework:

- Memorize Philippians 1:3 and Philippians 1:9-11.
- Commit to doing something this week that will help you love and live with your fellow Christians more fully.
- Make a list of people that are your "Philippians" and pray for them each day this week
- Commit to praying for other members of your class this week.

Philippians – Lesson 2 Workbook

Seize the Day

Verses to Remember

"For to me, to live is Christ and to die is gain." (Phil 1:21 NIV)

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the gospel without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him, since you are going through the same struggle you saw I had, and now hear that I still have." (Phil 1:27-30 NIV)

Philippians 1:12-14

1. Name two things that Paul points out as positive outcomes of his imprisonment.

2. Would Paul have been justified in "shutting down" and feeling sorry for himself?

3. Could God make a tragedy in your life into a platform for His glorification?

Workbook Activity

1) Describe the toughest thing that has ever happened in your life that hurt you, that imprisoned you.

2) How did that experience effect your emotions?

3) During the time that you were dealing with that terrible event, how did you feel about God?

Philippians 1:15-18

1. What do you think Paul means when he says people are preaching the gospel out of bad motives?

2. How could such preaching really be an encouragement to him?

Philippians 1:19-30

1. What does Paul say will be the source of his deliverance?

2. Paul knows he has two options—he’s going to live or he’s going to be executed. What is his goal for each?

3. What do you think Paul means when he says “to live is Christ and to die is gain”?

4. Based on your current commitment level how would you handle being punished for your faith in Christ?

5. Why is Paul convinced that he will live through this imprisonment?

Homework:

- Memorize Philippians 1:21 and Philippians 1:27-30.
- Look for different ways this week to “seize the day” for Jesus.
- Continue to pray for your “Philippians” from Lesson 1, and for other members of your class this week.

Philippians – Lesson 3 Workbook

Who Do You Think You Are?

Verses to Remember

“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)

“Your attitude should be the same as that of Christ Jesus: Who being in very nature god, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord to the glory of God the father.” (Philippians 2:5-11)

Philippians 2:1-11

1. What is the most humbling thing Jesus did that is mentioned in verses 5-11?

2. Do you think it was difficult for Jesus to do those things?

3. When Jesus demonstrated humility, what happened as a result?

4. Why do you think Paul brings up Jesus here? Does it seem like an interruption to his train of thought?

5. How do you make sense out of verses 1-4 and verses 5-11?

Philippians 2:12-18

1. What does it mean to “work out your salvation?”

2. Why do you think verse 12 says for us to work out our salvation, and then in verse 13 it says God works in us?

3. Why do you think Paul uses the words "fear and trembling" to describe this whole process?

4. What is the ultimate goal in verses 14 through 18? What does Paul want us to become?

5. Verse 18 seems to indicate that despite the sacrifice of humility and servitude, joy is the result. How can humility result in joy?

6. What do you guys know about drink offerings? What is Paul getting at?

7. How is Paul's idea here like the pouring out of Jesus' life described in verses 5-11?

Workbook Activity (10 minutes)

MOST EMBARRASSING MOMENTS

Break up into groups of 4 or 5, and discuss the following questions with the other members of your group.

- What's the most humiliating thing that has ever happened to you?
- When that humiliating thing happened, how did you feel?
- Was joy anywhere near you when you had that happen?
- How then can joy and humility co-exist?
- Does James 4:10 offer any comfort? Explain.

Homework:

- Memorize Philippians 2:13 and Philippians 2:5-11.
- Look for different ways to practice humility this week.
- Thank God for the people he has brought into your life who have been an encouragement to you.

Philippians – Lesson 4 Workbook

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.

Philippians – Lesson 5 Workbook

What Really Matters

Verses to Remember

Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. (Phil 3:12 NIV)

But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God and is by faith. I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. (Phil 3:7-11 NIV)

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.

Philippians - Lesson 6 Workbook

Stand Firm

Verses to Remember

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, (Phil 3: 20 NIV)

Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you. For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body. Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends! (Phil 3:17- 4:1 NIV)

Brainteaser:

Slogan	Product
"Have it your way"	
"No rules, just right"	
"Do what tastes right"	
"Try it, you'll like it"	
"It's all within your reach"	
"Because your worth it"	
"Life is short, play hard"	
"Enjoy"	

Philippians 3:17-4:1

Judaizers		Antinomians
severe religious restriction	< >	hardly any moral restrictions
requirements for conversion	< >	loose, wild living, claimed faith
dietary regulations	< >	gods were their stomachs
spiritual interest	< >	purely physical interest

1. Why do you think Paul says what he does in verse 17?

2. Do you think it is right for him to say that?

3. What emotions does Paul display in verse 18?

4. Verses 19 describes further the "enemies of the cross," or the "Antinomians." How does this sound like our world today?

5. From where does Paul say we are citizens, and how should this affect our way of life?

Workbook Activity (10 minutes)

In what ways does the world tend to rub off on you?

Take a few moments and answer the following questions. They are intended to start you thinking about how the things of this world may be affecting your life. Your answers personal, not to be shared so be honest with yourself.

- Do you (1) use money and love people, or (2) use people and love money? (1) _____ (2) _____
- Do you think you need more than food, clothing, and god's love? (Yes) _____ (No) _____
- When you have an extra fifty bucks to spend on anything you want, what do you do with it?

- If aliens were to come to earth, knowing nothing about our planet, and they were asked who you looked or acted like, who would they choose?

_____ like a pop star
_____ like a movie star
_____ like a celebrity
_____ like Jesus

Philippians 3:20-4:1

1. What's the therefore there for?

2. What is the end result of standing firm for the Christian?

Homework

- Memorize Philippians 3:20 and Philippians 3:17-4:1.
- Stand firm by reading one book from the church library this week that focuses on Christian perseverance.
- Reflect upon a time when God provided strength to get through a tough time, and thank Him in prayer.

Philippians - Lesson 7 Workbook

Be Near, Oh God

Verses to Remember

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Phil 4:8 NIV)

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Phil 4:4-7 NIV)

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?

Homework:

- Memorize Philippians 4:8 and Philippians 4:4-7.
- Choose at least one of the options from the four spiritual disciplines on the next page.
- Do what it say during the next 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 Gods 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.

Philippians - Lesson 8 Workbook

More Than Enough

Verses to Remember

I can do everything through him who gives me strength. (Phil 4:13 NIV)

I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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. (Phil 4:10-13 NIV)

Philippians 4:10-13

1. In verse 10 we hear the word rejoice again. Paul doesn't seem to stop having joy. What is the source of his joy this time?

2. Why, according to the text, were the Philippians concerned for Paul?

3. What did they do as a result of that concern?

4. When do you think Paul was most in need?

5. When do you think Paul had plenty?

6. Paul says that no matter what, he knew how to be content. What was the source of his contentment?

The Promises of God

The promises of God are few. That may not sound good, but God has only promised that we have food, shelter and Him. He doesn't promise us a fancy car, he doesn't promise us a Playstation 3, and he doesn't promise us a designer wardrobe.

He does promise that he will feed us, clothe us, and be with us. Though few, those are promises Paul was well aware of, as he had lived within them daily for years.

God promises to feed us like the sparrows, clothe us like flowers, and be with us...where is he when:

- Every day, 25,000 people die of hunger & hunger related causes
- Most of those 25,000 people are under the age of 5
- Over 3 billion people (half the earth's population) live on \$2 a day or less
- Over 1 billion people live on \$1 a day or less

7. When you hear statistics like that, what do you think of god's promises?

8. God promises to shelter us and feed us. Has He made good on that promise in your life?

9. You are probably aware that some people do die of starvation. Why didn't God keep his promise in that case?

Philippians 4:13-23

1. Name the places Paul mentions being content/happy/etc.

2. Name the places he mentions being in need.

3. Look at the passage again closely...who provided for those needs. Name the sources.

4. From our study in Philippians, name some cool things Paul did when he ministered here on earth.

5. Do you think Paul would've been able to do those things if it weren't for his fellow Christians giving to him and supporting him in various ways?

6. How would the world be different if people didn't provide for people in need?

Homework:

- Memorize Philippians 4:13 and Philippians 4:10-12.
- Find a way to give from your abundance to help someone else this week.