

# Philippians – Lesson 1 Workbook

## Paul's Relationship with the Philippians

### **Acts 16:6-10**

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

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

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3. When did Paul and company decide to react to God's calling?

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### **Acts 16:11-15**

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

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

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

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

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

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

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7. What does this say about how Christians relate to each other?

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**Acts 16:16-40**

1. Why were Paul and Silas jailed in the first place?

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

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

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4. With all that they had endured, how do you think they mustered the strength to praise God?

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

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**Philippians 1:1-11**

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

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

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

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### **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

### **Philippians 1:12-14**

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

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

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

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### **Workbook Activity**

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

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- 2) How did that experience effect your emotions?

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

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### **Philippians 1:15-18**

1. What do you think Paul means when he says people are preaching the gospel with wrong motives?

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

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**Philippians 1:19-30**

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

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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?

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

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

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

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**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?**

### **Workbook Activity – Lasting Influence Quiz 1**

A. Name the last three World Series Champions.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

B. Name the three wealthiest people in the world.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

C. Name three people who have won the Pulitzer or Noble Peace price.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

D. Name the last three Miss America pageant winners.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

E. Name the last three movies that won an Oscar for best picture.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## **Workbook Activity – Lasting Influence Quiz 2**

A. Name three people who have helped you through a tough time.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

B. Name three people who have inspired you with their lives.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

C. Name three people who have made you feel special.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

D. Name three people who taught you something worthwhile.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

E. Name three people with whom you can share your secrets.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### **Philippians 2:1-11**

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

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

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

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

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

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**Philippians 2:12-18**

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

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2. Why do you think verse 12 asks us to work out our salvation when verse 13 states that God works in us?

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

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

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

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

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

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## **Workbook Activity**

### **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 that happened?
- How then can joy and humility co-exist?
- Does James 4:10 offer any comfort? Explain.

## **Homework**

- Memorize Philippians 2:12-13.
- 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)

### Workbook Activity

#### Who Cares? (Part 1)

Write down three people for whom you love, trust, and deeply care. 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.

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2. What is the relationship between Paul and Timothy?

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3. How does Paul want to use Timothy?

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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.

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2. What is the relationship between Paul and Epaphroditus?

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3. How does Paul want to use Epaphroditus?

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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?

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

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### **Workbook Activity**

#### **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's 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 encourage 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

### Workbook Activity

#### 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 I 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?

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

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

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

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**Philippians 3:7-9**

1. What religious accomplishments do you take pride in?

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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?

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

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

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5. What makes us righteous according to verse 9?

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**Philippians 3:10-16**

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

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

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

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

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5. What does "What we have already obtained" mean in verse 16?

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### Workbook Activity

#### 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?

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

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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?

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### Homework

- Memorize Philippians 3:7-12
- 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 simply to listen to God.

# Philippians - Lesson 6 Workbook

## Stand Firm

### Brainteaser:

Slogan	Product
"Have it your way"	
"No rules, just right"	
"We treat you right"	
"Try it, you'll like it"	
"It's all within your reach"	
"Because you're 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?

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

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3. What emotions does Paul display in verse 18?

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

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

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### Workbook Activity

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

Take a few moments and answer the following questions. The intention is to get you thinking about how things may affect 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?
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- 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?

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

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### Homework

- Memorize 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 you through a tough time and thank Him in prayer.

# 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?

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

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

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### **Job 38**

1. How many things can you name that God did and that He asks Job to do?

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

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### **Philippians 4:2-3**

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

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

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3. What is Paul advising the Philippians to do?

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4. Can living in a community, any community, be annoying, hard, fun, or work?

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

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#### **Philippians 4:4**

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

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2. Why does Paul repeat himself in verse four?

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3. Who can remember, where Paul was when he wrote these words?

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

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#### **Philippians 4:6-7**

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

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

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3. If we can realize that our Lord is near, how much easier would it be to face life day in and day out?
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### **Philippians 4:8-9**

1. What does it mean to think about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy?
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2. How do your thoughts affect your actions?
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3. What does God think of your thought life? Is He pleased?
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Choose 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 him or her how long he or she has been a Christian and what he or she does for fun. Just get to know that person. 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 that person about the problems you have 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 everything you think is bad in your life. 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. Reread your list, then reread 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 will help you 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, focus on 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 him or her 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.

# Philippians - Lesson 8 Workbook

## More Than Enough

### **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?

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

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

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

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5. When do you think Paul had plenty?

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

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## 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.

If 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?

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

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

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## Philippians 4:13-23

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

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2. Name the places he mentions being in need.

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

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

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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?

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

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**Homework**

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