

EVERYDAY JOY! – A study of Philippians

Session 1: We Need Each Other (Philippians 1:1-11)

Welcome to our study of the letter of Philippians which was written by the apostle Paul. Through this study, you will learn how to walk in everyday joy no matter what you may face in life! Paul is writing as a spiritual father to the church at Philippi, but he makes some statements that teach us some things about our relationship with each other in the body of Christ and how these relationships bring us joy.

Notice what Paul writes:

(This study uses the New International Version of the Bible)

1. “I thank my God every time I _____ you.” (1:3)

- We need to thank God for our brothers and sisters in Christ.
- Take a moment and list a couple of reasons of why you are thankful for your brothers and sisters in Christ. _____

2. “In all my prayers for all of you, I always pray with _____...” (1:4)

➤ It was common for Paul to pray for those in the church.
(For further study read – *Ephesians 1:15-23*; *Colossians 1:3-14*; *I Thessalonians 1:2*)

➤ Paul’s prayers were accompanied with joy.
 (“joy” – the awareness of God’s grace / grace recognized / supernatural delight in God)

- We need to pray for one another on a regular basis.

3. “because of your _____ in the gospel from the first day until now.” (1:5)

- “partnership” (koinōnia) – (Thayer’s bible dictionary) fellowship, association, community, communion, joint participation
- In the N.T., this word is used to describe the partnership and the association of those who are fellow believers in Christ.
- As fellow believers, we are partners in spreading the gospel. We need to work together and not compete against one another.

4. “being _____ of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (1:6)

- Paul knew that what Christ had begun to do in the Philippians, he would keep working until it was completed when Christ returns.
- What to take note of:
 - If we allow Him to, Christ is always working good in us.
 - What He has begun, He will accomplish. / If we cooperate with Him.
 - He keeps working in us until He returns to catch us away.
- We need to pray for one another with a confidence that God will keep working in their lives.

5. "It is right for me to feel this way about all of you, since I have you in my _____..." (1:7)

- We are to love all people, but there should be a special bond between God's people.

(For further study, read the following "one another" passages in scripture that teaches us how to treat each other in the body of Christ. *John 13:34-35; Romans 15:7; Galatians 6:2; Galatians 5:13; Hebrews 3:13; Ephesians 4:32; James 5:16*)

6. "all of you share in God's _____ with me..." (1:7)

- When we assist one another through prayer or in any other way, we are a part of the work of God's grace through them.

7. "how I long for all of you with the affection of Christ Jesus." (1:8)

- Paul had the heart of Christ for his fellow believers.
- Our desire should be for other saints to experience the love of Jesus through us.

Conclusion:

- We find joy in the fact that we are not serving Jesus solo. Thank God for the body of Christ.
- Do you see value in others?
 - Do you thank God for others?
 - Do you pray for others with joy?
 - Are you eager and expecting God to continue to do a great work in the lives of others?

Answer key: 1. Remember 2. Joy 3. Partnership 4. Confident 5. Heart 6. Grace

EVERYDAY JOY! – A study of Philipians

Session 2: Pushing Through the Obstacles (Philippians 1:12-26)

Paul was constantly facing spiritual attacks from Satan because of his determination to preach the gospel (see II Corinthians 11:23-28). As people of God, we are going to face spiritual attacks from the enemy. In the next section of chapter one of Philipians, Paul teaches us that good can come from what the Devil meant for evil.

Let's look at some of the "good" things that can come from spiritual attacks when we choose to push through the obstacles:

1. The _____ is advanced. (1:12-13)

- Paul being thrown into prison led to the gospel spreading to those in the prison. He did not allow what appeared to be an obstacle stand in his way.
- We must be faithful to spreading the gospel no matter how hard the Devil tries to shut us up.

(For further study of examples of when the gospel spread despite devilish attacks read *Acts 8:1-8; Genesis 37:19-20, 45:5, 50:20*)

2. Our _____ encourages other believers. (1:14)

- Paul states that other believers have seen God work through his imprisonment and have been encouraged to keep preaching the gospel no matter what obstacles they may face.
- Paul's example has persuaded other believers to not fear.
- The Devil wants to try and intimidate us (get us to fear) so that we will flee (withdraw) from what God has called us to do.

(For an example of this in Jesus' life, read *Luke 8:22-39*)

- Our perseverance through spiritual attacks will embolden other believers to keep doing what God has called them to do, no matter what.

3. It is an _____ for other believers to help the one under attack. (1:19)

- Paul tells the Philipian believers that their prayers for him will lead to his deliverance.
- We must not underestimate the power of our prayers on behalf of someone else. When we know that someone is going through a spiritual attack, we need to pray urgently for them.

4. It is an opportunity to see God's _____ at work. (1:19)

- Paul says that, along with their prayers, he has received *"God's provision of the Spirit of Jesus Christ."*
- When we face spiritual attacks, God doesn't abandon us, but He is with us to supply us with everything we need. (See *II Corinthians 12:9*)

5. We find ourselves in a _____ situation. (1:20-26)

- Paul declares that whether he is released from prison or if he is killed, he wins.
- When the Devil attacks us and tries to stop us from fulfilling the plan of God on our lives, he cannot win unless we let him.

Conclusion:

- Just because the Devil puts obstacles in your way at times, doesn't mean we sit down and quit. We must push through those obstacles and stay faithful to what God has called us to do. As you push through the obstacles, you will see God's grace shine through, and you will walk in joy!
- What obstacles are you facing right now?
- What do you see God trying to do in the midst of it?

Answer key:

1. Gospel 2. Perseverance 3. Opportunity 4. Grace 5. Win/win

EVERYDAY JOY! – A study of Philippians

Session 3: Citizens of Heaven (Philippians 1:27-30)

In this session, we are going to look at how Paul instructs the believers on how they are to live. He reminds them that they may live on this earth, but they are actually citizens of another place. Understanding this will help them to walk in joy!

- Verse 27 is literally translated “live as a citizen”. Even though they lived on this earth, Paul wanted them to know that they are citizens of another place. They are citizens of heaven (Philippians 3:20).

- As followers of Christ, we are citizens of heaven.

(For further study of this, read *John 17:14-16; I Peter 1:17; 2:11-12; Ephesians 2:19; Hebrews 11:13-16; II Corinthians 5:20.*)

Paul gives some examples of what a citizen of heaven looks like.

A CITIZEN OF HEAVEN...

1. Lives in a manner worthy of the _____! (1:27)

- We are to conduct ourselves in such a way that our lives testify to the power of the good news of Jesus Christ. When people see our conduct, it should show them what the work of Jesus does in a person’s life.
- The conduct of followers of Christ will, in many ways, be clearly different than the world. (*Galatians 5:16-18*)

2. Stands _____ with other believers! (1:27)

- They were to “*to stand firm in the one Spirit.*”
- As God’s people, we are to stand united in one spirit and one purpose.

(For further study, read *I Corinthians 1:10; Ephesians 4:3; Philippians 2:1-4.*)

- God’s people are to remain loyal to the truth of God’s Word and walk in step with the Spirit of God. As we do, we will walk in unity.

3. Contends for the _____! (1:27)

- “*...striving together as one for the faith of the gospel...*”

- We are not to fight against one another but, together, we are to fight against the Devil. The enemy will try to stop the spreading of the gospel and we must not allow that. *(I Timothy 6:12)*
- As citizens of heaven, we must contend for what we believe.

4. Has the privilege of _____ in Christ! (1:29)

- *“For it has been granted to you on behalf of Christ not only to believe in him...”*
- As a citizen, of heaven we have Christ to lean on and rely on. With confidence, we can approach Him, ask of Him, and expect to receive from Him according to His Word!
- Only citizens of heaven have this privilege.

5. Has the privilege of _____ for Christ! (1:29)

- It is to be counted as an honor to be persecuted because of our faith in Christ.

(Read Acts 5:41; II Corinthians 1:5; I Peter 2:21; Romans 8:17-18; Acts 14:22; II Timothy 3:12; Matthew 5:10-12.)

- Since we are citizens of another place, the world doesn't always understand the church and therefore will, at times, oppose the church.

Conclusion:

- Are you living as a citizen of heaven or do you live like the world?
- Is there any division between you and another believer that you need to work out?
- Do you stand up for what the Bible teaches is true?

Answer key:

1. Gospel 2. United 3. Faith 4. Trusting 5. Suffering

EVERYDAY JOY! – A study of Philippians

Session 4: Shining Brightly (Philippians 2:12-18)

As we live as followers of Christ, our lives should stand out in this dark world like a bright light. The world may be steeped in sin, but the presence of God should be radiating from every child of God and pointing people's attention to Jesus Christ.

(2:15) Paul states that believers are to be _____, _____, and without _____.

In this same verse, Paul states that the world is _____ and _____.
(Also read *Romans 3:10-18*)

We need to be shining bright with the presence of God!
(Read *Matthew 5:14-16; John 5:35; Acts 2:3*)

HOW TO BE A SHINING LIGHT:

1. We must walk in _____ to God! (2:12)

- To obey is to listen intently to a command in order to carry it out.
- To obey God's Word is to submit to His authority. To disobey God is to rebel against His authority.
- As we obey God's Word, He is working in us and transforming our lives.

2. We must continue to work out our _____! (2:12)

- Working out our salvation is not speaking of earning our salvation. Rather it is speaking of walking out our salvation.

- Salvation is a PAST, PRESENT & FUTURE work.

PAST – When you are born again you are forgiven of sin and have eternal life.
(Read *John 3:3; Romans 10:9-10, 13*)

PRESENT – After we are born again, Christ continues to transform us so that we become more and more like Christ (sanctification).
(Read *Galatians 5:16-26*)

- FUTURE – Our salvation becomes complete when we reach heaven.
(Read *Matthew 24:13*)

- We work out our salvation with “fear” and “trembling”
 - To fear God is speaking of a healthy fear. It is having a reverence for God.
 - Fearing God will cause us to tremble at His Word which means to take His Word seriously.

- As we walk in the Fear of God and cooperate with God His grace will be at work in us.
(2:13)

Conclusion:

- Is your life blazing bright with the Presence of God?
- Are you walking in obedience to God’s Word in every area of your life?
- Are you walking in the fear of the Lord and trembling at His Word?

Answer key:

Blameless; Pure; Without fault

Warped; Crooked

1. Obedience 2. Salvation

EVERYDAY JOY! – A study of Philippians

Session 5: Knowing Christ (Philippians 3:1-14)

In chapter 3, Paul pours out his heart concerning his relationship with Jesus Christ. The cry of his heart is to truly know Christ. Our desire should be to know Christ in a close and personal way. As we intentionally strive to know Him more, we will walk in joy!

Let's look at some of the key phrases that Paul makes:

1. "I want to _____ Christ" (3:10)

- This speaks of knowing someone through personal experience or in a close and personal way.
- We should desire to not just know about Christ but to personally "know" Him. Christianity is about a relationship with Jesus Christ. It's about walking with Christ daily.
- Why is it so important to truly "know" Christ?
 - Salvation is only found in Christ.
 - We will learn and understand His will for our lives.
 - Our prayers will be more effective.
 - We will walk in His power.
- The proof that we truly "know" Christ is that we will obey Him. (*1 John 2:3-6*)

2. "I consider everything a _____" (3:7-8)

- Paul considered everything else as worthless when he compared them to the value of knowing Christ
- In order to know Christ, we must realize that everything else pales in comparison. There is nothing else more valuable than truly knowing Jesus Christ.
- Pursuing after other things in this world will not bring us the eternal joy that pursuing after knowing Christ will bring.
- We must make the decision to trade in those things that have lesser value so that we may gain that which has greater value – knowing Christ.

3. "That I may gain Christ and be _____ in him" (3:8-9)

- Paul states that He not only desires to "know" Christ, but he desires to be "found" in Christ. He desires to be one with Christ.

- When we are born again, we take on a new identity. We take on the identity of Christ!
(II Corinthians 5:17)
- When people see us, they should see Jesus in us.

4. “I _____ on” (3:12)

- At this point, Paul was not where He wanted to be yet in his relationship with Christ. He was saved but still growing in his walk with Christ. He was still growing in his knowledge of Christ.
- If we want to continue to know Christ in a greater way, we must “press on” to know Him. Like a hunter who strategically pursues his prey, we must be determined and intentional about knowing Christ.
 - We must be in prayer.
 - We must study the Word of God.
 - We must regularly be in God’s house and fellowship with other believers.
- Christ Jesus saves us so that we can we walk in fellowship with Him.

5. “But one thing I do: _____ what is behind and _____ toward what is ahead.”

- Paul had seen God do much in His life, but Paul desired for God to do even more.
- We must put past victories behind us and keep pursuing all that God has for us. Don’t settle for less than God’s best.

Conclusion:

- Do you truly “know” Christ, or do you just know about Him?
- Are there other things in your life that you put a greater value on than you do on knowing Christ?
- When people see you, do they see Jesus in you?
- How could you be more intentional about striving to know Christ in a greater way?

Answer key:

1. Know 2. Loss 3. Found 4. Press 5. Forgetting, Straining

EVERYDAY JOY! – A study of Philippians

Session 6: Be Careful Who You Follow (Philippians 3:15-21)

As we continue to know Christ in a greater way, we will grow spiritually. One of the ways that we continue to grow spiritually is by allowing other godly influences to speak into our lives. Just as children learn many things simply by following the example set by their parents, we can continue to grow in Christ as we learn from godly examples.

THREE QUESTIONS THAT WE NEED TO ASK OURSELVES:

1. Who am I _____? (3:17)

- Paul instructs the believers to follow his example.

(For other similar statements by Paul, read *I Corinthians 4:16; 11:1; I Thessalonians 2:7-8; II Timothy 1:13; Philippians 4:9.*)

- We are disciples of Christ and part of being a disciple is imitating. We are to imitate Christ and He will put individuals in our lives to model Christ to us.
- We need godly examples in our lives.

2. What kind of _____ am I modeling?

- Not only are we instructed to learn from others, but we are also instructed to make disciples and that means we are to be a godly example for other believers to follow.
- Ask yourself these questions:
 - “Am I ok with others imitating my prayer life?”
 - “Am I ok with others imitating my attitude toward God’s Word?”
 - “Am I ok with others imitating my everyday behaviors?”
 - “Am I ok with others imitating my attitudes?”
 - “Am I ok with others imitating my work ethic?”
 - “Am I ok with others imitating the way I relate to other people?”
 - “Am I ok with others imitating the way I act on social media?”
 - “Am I ok with others imitating the way I handle my finances?”
 - “Am I ok with others imitating my church attendance?”
 - “Am I ok with others imitating my lifestyle choices?”
- Others are watching the example that we set.

3. Am I following the _____ example? (3:18-21)

- Paul states, with great sorrow, that there are those who are not a good example to follow. He calls them *“enemies of the cross of Christ.”*
- Paul lists some of the characteristics of those, whose example we should not follow.
 - *“Their destiny is destruction”* – individuals who will one day face eternal loss
 - *“Their god is their stomach”* – they focus only on themselves and their desires
 - *“Their glory is in their shame”* – they boast in their sin instead of being ashamed by it
 - *“Their mind is set on earthly things”* – their focus is on worldly things
- In verse 20, Paul states that we should follow the example of those who live as citizens of heaven.
- We must be eagerly awaiting the return of Jesus Christ (vs. 20).

Conclusion:

- What godly influences do I have in my life?
- What kind of example am I modeling for others?

Answer key:

1. Imitating 2. Example 3. Wrong

EVERYDAY JOY! – A study of Philippians

Session 7: Joy in the Midst of Difficulty (Philippians 4:1-9)

Do you ever find yourself consumed with anxiety and worry as you walk through a challenging time in life? Are you tired of being weighed down by and losing sleep over the cares of this world? In this session, we will look at the prescription that Paul gives so that we can walk in joy even in the midst of difficult times.

- “Joy” – a supernatural delight that comes from having an awareness of God’s grace
- grace recognized
- Rejoicing should be our attitude even in the face of difficulties. (4:4)
- The enemy wants us to get our attention fixed on everything else except for God and his goodness.

OUR CIRCUMSTANCES MAY CHANGE, BUT GOD NEVER CHANGES!

(For further study of how we need to keep our delight in God, read *Psalm 1:2; 37:4; 94:19; 104:34.*)

STEPS TO OVERCOMING ANXIETY:

- Paul instructs us to “*not be anxious about anything*” (4:6)

1. _____ (4:6)

- This speaks of coming alongside the Lord and walking in fellowship with Him.
- We need to walk with the Lord and be ready to surrender everything to Him.

2. _____ God (4:6)

- This speaks of a person calling out to God out of a deep personal need.
- We need to ask God to move on our behalf. When you ask, be specific.

3. Offer up _____ (4:6)

- Our prayers need to be coupled with thanksgiving.
- As we ask God to move on our behalf, we need to go ahead and thank God for what He will do! Thanksgiving is “expectant” praise!

(Also, read these passages on thanksgiving: *Psalm 100:4; I Thessalonians 5:16-18.*)

4. Present your _____ to God (4:6)

- This speaks of boldly coming before God and asking with an expectation that God is going to answer.
- He already knows what we need before we ask, but we need to humble ourselves, step out in faith, and ask for His intervention.

5. Allow the _____ of God to rule in your life (4:7)

- When we turn everything over to God, His peace comes and works in our life.
- “peace” – supernatural calmness; wholeness or completeness
- The peace of God will stand at the door of our heart, like a guard, and keep out unwanted intruders such as worry and fear.
- We cannot find this type of peace anywhere else, except in Christ.

6. Guard your _____ (4:8-9)

- Paul instructs us to make sure that we think on the right things.
- We must guard our mind and dwell on the things of God. We must be careful what we fix our thoughts on!

Conclusion:

- What situation do you need to turn over to God?
- What can you go ahead and begin to thank God for?
- Are there things in your life that are taking your focus off God and causing you to become full of worry and fear?

Answer key:

1. Pray 2. Petition 3. Thanksgiving 4. Requests 5. Peace 6. Focus

EVERYDAY JOY! – A study of Philippians

Session 8: The Joy of Giving (Philippians 4:10-19)

People look for joy in all sorts of places. Many in the world would say that joy is found in receiving, but the Word of God teaches us that we find even greater joy in giving. In this final lesson, let's learn from the apostle Paul what truly happens when we give.

- In this passage, Paul was rejoicing in the fact that the Philippian believers had learned the joy of giving and that God was working through them in this manner. (4:10)
- Paul had learned to be content in any circumstance and put His trust God. He knew that God would always take care of him. (4:11-12)
- We can be content in any circumstance because Christ is our source and He will always strengthen and sustain us. (4:13)

WHAT HAPPENS WHEN WE GIVE?

1. We help those who are in _____ . (4:14-16)

- Paul was encouraged time after time because the Philippians continue to give to help take care of Paul and to help support the ministry of Paul.
- When we bless someone, we are helping to meet a need in their life.
- When we give to the local church, to missionaries and to other ministries, we are helping them to spread the gospel to people who need it most. Salvation is a person's greatest need.

2. Our giving is _____ to our heavenly account. (4:17)

- When we give to the work of the Lord, we are making a heavenly investment. Souls are being saved and those who give will be rewarded for it.
- When we give, we are joining in partnership with those that we are sending. We get to be a part of reaching people even when we are not physically there.

3. In return, God will meet all our _____. (4:19)

- This promise of God's provision is for those who are givers. God blesses generous givers. (Also read *Matthew 6:33; Luke 6:38; II Corinthians 9:6-11.*)

- God desires to bless us so that we can be a greater blessing. When He sees that we will be faithful with what we have, He will push more resources through our hands to those in need.
- A giver never has to worry about how their needs will be met.
- Our giving is an act of worship and is like a fragrant offering unto the Lord. (4:18)

Conclusion:

- Have you learned the joy of giving or are you more focused on receiving?
- How might the Lord be instructing you to give today?

Answer key:

1. Need 2. Credited 3. Needs