



*The Lord is at hand; do not be anxious about anything,  
but in everything by prayer and supplication with thanksgiving  
let your requests be made known to God.  
Philippians 4:5b-6*

We are in troubling times. Wars, struggles, and uncertainty about so much shake the very ground many of us attempt to walk upon. It can often be hard to see, in times like these, that God is even working.... let alone be thankful during this season of expected gratitude. Yet, it is times just like these which require the greatest leaps of faith, fueled by hope, and laced up with thanksgiving. These are the times which call us to *choose* gratitude.

This Bible study was first written in the trying times of the 2020 Thanksgiving season, as newsheads declared, "Thanksgiving is Cancelled" and people worldwide struggled to understand truth, lies, fear and revelation. So similar to right now... in 3 years, not much has changed. At that time, God kept slipping verses from Philippians in front of me. I felt a tug in my Spirit: *write a gratitude study for the book of Philippians*. In typical Amanda-mode, instead of just saying, "OK", I countered with, "But Philippians isn't about gratitude, the theme is traditionally known as 'The Joy Filled Life'" But God persisted.

Still, instead of simple submission with "OK, Lord.", I decided to do an internet search: "Books of the Bible Focused on gratitude" and the number one result from the New Testament: Colossians! A book replete with "gratitude" and "Thankfulness" and "Thanksgiving" verses. Whereas, Philippians actually ranked among the lowest of the Epistles in the category of Thanksgiving.

So, again, I asked, "Are you *sure* Lord, people will think I'm crazy for writing a gratitude study on a book which does not contain that expressed theme." But, again, God persisted. Even after a quick read through of Colossians to 'prove my point', my brain only remembered Philippians. However, I have tried often enough in my life to challenge God's edicts to know; nothing else would *fit* or reflect God's movement unless I simply obeyed.

Do you every do that? Go left just to 'see' what is over there when God has already said "Go right"?!

I share all that as part testimony and part explanation. You, too, may not think “gratitude” or “thanksgiving” (outside of verse 4:6) when you think of Philippians... or perhaps you do. What I *can* testify to is; as I began putting my outline together I understood God’s pull to share a study on gratitude out of the book of Philippians and I can admit, a “Joy-filled life” is certainly intertwined with a heart of thanksgiving... a theme which seems to move as an under-current to the whole of this timeless letter.

It helps, too, knowing how Philippians was written by the Apostle Paul WHILE in prison at the time (and yet he does not appear to be resentful or depressed about his situation) to a church he expresses fond feelings for. It holds a repeated message of joy, humility, thanksgiving, and rejoicing. Amid these key points, some commentators suggest we may also see Paul offering *resources to help through suffering*.

Whether intentional or as a byproduct of the joy Paul continually discusses here, *help through suffering* is most definitely found when one slows down and really takes time to look at this text and what Paul’s encouragement is subtly saying.



I have written other studies on Philippians for local groups in the past, however, this one is different from any I have shared both here and locally before.

- I’ve tried to make the content of each lesson condensed for quick study in case you have busy days ahead in November. *However*, don’t let this set-up hold you back from additional scouring of the text. I will leave extra space on each page for either writing out prayers or in case you would like to do cross-referencing or digging on your own. You can also use the backside of each day’s study for notes or set up a notebook or binder for the overflow. (I like to set up binders for each of my studies: inserted with a print-out of the study and additional notebook paper and cross-reference notes and articles I may find on the internet and print off.)
- At each day’s start, I am prompting with a few quick questions to draw out some key points I felt God laying on my heart to notice. I am using an ESV - if you are using a different version you can still find the answers but some questions may be a bit confusing because of text arrangement (especially if your version of choice is KJV). Both biblehub.com and biblegateway.com are great resources for parallel referencing. I will also include the ESV text for Philippians at the end of this study packet in case you want it on hand and/or you wish to highlight and notate text as you go.
- A new approach I started back in 2020 within my private studies was to SEE the Character of God in the text. I was tired of Bible Studies which made ‘self’ the focus and often led too quickly away from understanding in order to go unnecessarily deep into application, making scripture man focused rather than what it actually is: God focused. The Bible isn’t about me, it is first and foremost a book about Him. When I get too busy looking for the nuggets I can hashtag on socials or plaster on a sign to feel good about, I miss really understanding WHO my God is and what He truly wants of me and calls me to do. It is the easy, fluffy Christianity which holds little real accountability vs. the hard, narrow-path TRUTH of a right faith calling us to be transformed. That being the case, every single passage should reveal an aspect of His

character. Studying with this in mind on my own has really opened my eyes and deepened my understanding of the God I love so much. I am excited to share this approach with you as well and I will provide space to react to these “God is...” thoughts if you would like to.

→ Finally, because this is a gratitude study and the key point I felt led to draw out is Paul’s command to *in everything by prayer and supplication with thanksgiving let your requests be made known to God*, I have arranged prayer prompts for you as you go to the Lord with a heart of gratitude... even if those things we are grateful for have to be dug out of the ashes. (Paul did say, *in everything!*) I encourage you to be specific (not general) and really own each prayer.



This study is arranged to cover 20 days: 5 days a week, Monday through Friday (ish... since November begins mid-week), between now and through Thanksgiving. However, please use it in whatever arrangement fits your schedule and desire for depth.

A great first-step I HIGHLY recommend: *the day before you start the study, read or listen to the entire book of Philippians, beginning-to-end*. Phone app stores have great Bible apps which can be used for audio. BibleGateway.com also has an audio option on your computer web browser. I’m often tired first thing in the morning when I do my study so, when I read text, I read along with an audio app to keep me focused and undistracted. A short 4 chapter book like Philippians shouldn’t take more than 10 minutes in this way (you can even listen along while doing other tasks during the day!). Reading the book in its entirety helps you see the big picture before diving into the details. Also, for me, doing a dive in on Monday-Friday, I will usually take Sunday morning each week during my study to re-read the entire book again, to continue keeping scope in mind.

Recommended order of operations for each day of study:

*PRAY 1<sup>st</sup> for Wisdom and understanding of the day’s passage, then....*

**1<sup>st</sup>** - Read the passage

**2<sup>nd</sup>** - Consider what it is *actually* saying (not what you *want* it to say). Most of the questions will draw from the actual words in scripture.

**3<sup>rd</sup>** – (Preferably, if you can...) Before you think about how to apply it to your life or what it means to you, consider how the original hearer of the word would have applied it to their life and what it meant to them. This is one way to keep scripture in context and, as you consider through this scope, really see how relatable it is to us today. This can be done with some Study Bible notes or online commentaries. BibleHub.com is a GREAT resource for this. (In my weekly posts on the blog I will try to outline some key points as we go.)

**4<sup>th</sup>** – Now you can lay the passage over your own life: Is there an area you need to apply or use it? If you already are, praise God for His good guidance. If not, pray to seek His help in doing so. This is where the “God is...” points and final prayer will give you more freedom to reflect on what and how God is showing you to apply what you studied.

**My goal** is to blog an article each Wednesday on a key point from the week of study and to share passages and thoughts daily on Instagram. I encourage you to share what you are learning in this study on social media as well. If you would like your thoughts featured in my Instagram stories, use be sure to @faithandhome in your post to be certain I see you! I will also be posting with #choosinggratitude2023

### **Added Goodies**

- *I am attaching a page of blank leaves which you can use to fill-in with "I'm grateful for..." gratitude reminders. They can be printed and used as-is or cut out, colored, and hung around the house... you can even invite your family to find gratitude from each day's topic with you! Select to "print p.33" if you want only this page or multiple copies of it.*
- *I have also enclosed a page for Scripture memory cards if you would like to practice memorizing passages. You can insert card stock or regular paper into your printer and select to "print p.34" for as many copies as you need. Once printed, cut them apart to use alongside your study time*



I hope you enjoy this study as much as I have enjoyed piecing it together. *As with all other gratitude studies, I don't want this to just be something we dive into for the month of November.* My prayer is that we might all form habits of gratitude, in *everything* (good, bad and all the rest in-between) which can continue beyond one season and one month.

Blessings,

*Amanda*

If you have ANY questions, please do not hesitate to email me, [amanda@faithandhomepublishing.com](mailto:amanda@faithandhomepublishing.com).

# Choosing Gratitude

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## Day 1 - Philippians 1:1-6 - Paul's Greeting and Thanksgiving

Who is Paul thankful for? (v1) \_\_\_\_\_

Why? (v5) \_\_\_\_\_

What is Paul "sure" of? (v6) \_\_\_\_\_

*God is* a perfecter. He is the one that does the work in us to bring us into righteousness in HIS timing according to HIS plan for His purpose. What God starts He will finish. Ours is to submit and obey (see v6)

*Pray...* knowing God is perfecting you AND those around you who have "partnered" with you in the faith. Ask to SEE some of the areas he is working in... and thank him for those specific instances in your life and in the lives of those you are "partnered" with (family and church especially!).

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## Day 2 - Philippians 1:7-11 - Paul's Prayer

Why is it "right" for Paul to feel the way he does? (v7a) \_\_\_\_\_

Why does he hold them in his heart? (v7b) \_\_\_\_\_

What is Paul's prayer for the Philippians? (v9) \_\_\_\_\_

Why is this his prayer for them? (v10) \_\_\_\_\_

*God is* a witness. He sees deep into the hearts of mankind. He knows their intentions and desires, their hopes and their prayers. He sees and understands all... and He discerns when we are honest with others and ourselves... you can't fool God! (see v8)

*Pray...* with God as your witness... to thank Him specifically for those who you are grateful for in your life, especially those who are "partakers" with you in the gospel/in faith, whose love seems to abound. Also, pray FOR this person/these people that their love would abound more and more, with knowledge and all discernment.... And pray the same for yourself as you seek to grow in Christ.

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## Day 3 - Philippians 1:12-14 - Paul's Situation

What has happened, why was Paul imprisoned? (v13b) \_\_\_\_\_

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Does he 'seem' upset? \_\_\_\_\_

What is the result of Paul's imprisonment (v12 & 14) \_\_\_\_\_

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*God is efficient.* He uses seemingly bad situations to produce good and strengthen people... especially in boldness! (see v12-14, implied)

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*Pray...* knowing that God efficiently uses bad to produce good and thank him for a specific time/situation where he turned hard times into a testimony for you.

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## Day 4 - Philippians 1:15-18a – How Christ is Preached

What 2 ways does Paul talk about Christ being preached here? (v15) \_\_\_\_\_

What are the reasons each of these 2 groups preach the way they do? (v16 & 17) \_\_\_\_\_

What is Paul's reaction to this and why? (v18a) \_\_\_\_\_

*God is transcending.* His truth prevails regardless of what lies under the surface. (see v18, implied)

*Pray...* and thank God specifically for how and where you can see His Truth rising despite attempts by others to taint it or squash it out.



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## Day 5 - Philippians 1:18b-26 - Paul's Anticipation and Expectation

Why will Paul rejoice? (v19) \_\_\_\_\_

Write out verse 21: \_\_\_\_\_

Translate what Paul saying here? \_\_\_\_\_

He says, in v23, to be with Christ is "better" but then seems to concede to a need to remain. For what purpose does he decide remaining is more "necessary"? (v25) \_\_\_\_\_

 After reading this section, can you tell: does it matter to him if/when honor comes? \_\_\_\_\_

*God is* timely. He calls people Home in His time pending His Work and purpose in and through their lives. This may be hard for those of us left behind, but it is "better". (see v24)

*Pray...* and thank God for His timeliness. Thank Him for time you were blessed to have with someone you lost and/or time you have now with someone who is encouraging you in the faith or who God has given you to encourage. You and they are still here for purpose... and those who are gone, are gone for purpose as well. It is hard to process but there is still gratitude to be found in the middle of it.

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## Day 6 - Philippians 1:27-30 – Encouragement to Live Worthy

Why does Paul ask them to live “worthy of the gospel”? What are the characteristics he hopes to hear of?

(v27-28) \_\_\_\_\_

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When believers stand firm, of one mind, side-by-side and not frightened, what is it a “clear sign” of? (v28)

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When a person believes in Jesus, does that mean life is always easy going forward? (v29-30) \_\_\_\_\_

*God is* unmovable. He stands firm on His Truth and promises, He calls us to do the same and he stands there with and for us as a result. (v28)

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*Pray...* thank God for the suffering and conflicts he has given you to endure. Name them. Look for the places you see Him helping and strengthening you to stand firm and not be frightened.... And if you are frightened in current conflicts, pray for God’s strength and peace to wash over you and thank Him ahead of time for the work you know He is doing.

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## Day 7 - Philippians 2:1-4 – Man’s Expected Behavior

How can Paul’s joy be “complete”? (by being/having.... V2) \_\_\_\_\_

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How should they NOT do things? (v3a) \_\_\_\_\_

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How and what SHOULD they do (v3b-4) \_\_\_\_\_

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*God is* thoughtful, always looking to the needs of others. Each person is significant to God and this is one of the many reasons He desires we see others’ significance as well. (see v3 implied)

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*Pray...* thank God for the specific people who humble themselves and serve you.... And for those you get to serve.

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## Day 8 - Philippians 2:5-11 – Jesus' Example

Where does the mindset of humility and selflessly serving others come from? (v5) \_\_\_\_\_

Did Jesus try to hold himself up as “equal” to God? (v6) \_\_\_\_\_

💡 Could he have? \_\_\_\_\_

What did he do instead? (v7-8) \_\_\_\_\_

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What was the result of Jesus' humility? (v9-11) \_\_\_\_\_

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*God is* relational, choosing to reach mankind through Jesus and to set an example of humble, selfless service so His desire for us would be clear.

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*Pray...* thank God for the specific opportunities he gives you to serve others. Maybe recognize areas where this “service” isn't always what you would choose or very easy and use this time to pray for a positive servant-heart and gratitude for the lessons it is teaching you.

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## Day 9 - Philippians 2:12-13 – Working out Salvation

This section is the type of passage which can make more sense with parallel reference (looking at other translations) and cross reference (using scripture to interpret scripture). To have a clear idea of what is being said, try looking up Proverbs 10:16-17:

Result of those who “heed instruction”? \_\_\_\_\_

Result of those who “reject reproof”? \_\_\_\_\_

*Now back to Philippians....*

What does Paul want the Philippians to do in his absence? (v12) \_\_\_\_\_

Are they alone in “working out” their salvation? Who is working in them to that end? (v13a) \_\_\_\_\_

Why is God working in them? (v13b) \_\_\_\_\_

*God is* a master worker, actively involved in the intimate details of our lives and conducting affairs to produce His ultimate will and pleasure (see v13)

*Pray...* thanking God specifically for both the mystery and the more obvious ways you see him (or wonder) where He is working in your life right now to bring about obedience and a more perfected salvation. You may see this work happening in others as well, bringing them to a deeper relationship with Christ... thank God for those specific situations as well.

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## Day 10 - Philippians 2:14-18 – How to be Lights in the World

How should things be done? (v14b) \_\_\_\_\_

(circle one) Should the things I feel like, easy things, hard things, things I don't feel like, or all things be done without grumbling or disputing? (v14a)

Why? (v15) \_\_\_\_\_

How does Paul describe the people of his day? (v15b) \_\_\_\_\_

💡 Do the “generations” of his time sound similar to the “generations” of now? \_\_\_\_\_

What should we hold fast to? (v16a) \_\_\_\_\_

*God is* flawless, without blemish. He is blameless and He provides a way for us to be more like Him. He is also light, chasing away darkness, and we reflect that light when we hold true to His Word. (see v15, implied)

*Pray...* thanking God for specific areas he has given you strength to do ALL things (even the hard ones) without grumbling or disputing.... If you feel as though you have *not* been doing a good job of this, pray and thank God for opening your eyes to realize it and invite Him to help you do better, that He might be glorified as His light shines through you into the world around.

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## Day 11 - Philippians 2:19-30 – Timothy and Epaphroditus

What is one of Timothy's praiseworthy qualities? (v20) \_\_\_\_\_

What was the result of God's mercy in healing Epaphroditus? (v27) \_\_\_\_\_

Using Paul's own words in this section, why were Timothy and Epaphroditus so important to him?

Using Paul's own words in this section, what was the relationship between the Philippians and these men like? \_\_\_\_\_

How does Paul say the Philippians should treat men like Timothy and Epaphroditus? (v29) \_\_\_\_\_

*God is merciful, sparing hardships which may be too much to bear and sending people who can encourage when most needed. (see v27)*

*Pray...* and thank God for specific mercies, including healings and/or people who He has sent at just the right time.

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## Day 12 - Philippians 3:1-7 – Righteousness Depends on Faith

This section may be a bit tricky to understand. While most of it is easy to infer, we can't help but scratch our heads at, for example, v2, "Look out for the dogs..." This could mean many things, but we want to be certain we understand it as *God intends*. So, take a moment today and read Isaiah 56:9-11 for some contextual clarity:

What are the characteristics Isaiah uses when describing people as "dogs"? \_\_\_\_\_

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*Now back to Philippians*

A little bit of commentary research tells us that there were "teachers" going around Philippi telling believers that, in order to really be saved, they had to be circumcised, literally, and they had to follow various Jewish customs. They were not considered, as we might say, 'Christian enough' if they didn't. (These are likely the same teachers he takes a jab at in v1:15-18)

Considering this it is easier to understand why Paul is listing off attributes and seeming as though he is bragging on himself in v3:5-6 (though he is not bragging). What traits does he list off as having "in the flesh"?

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Paul is self-described and agreeably very Jewish. As a matter of fact, he points out, if salvation depended on Jewishness, he would be at the head of the line. BUT... does that matter to Paul? What does he say is all that counts? (v7b) \_\_\_\_\_

*God is* sufficient. Nothing else is needed. He is all-in-all and to connect, we simply embrace His sufficiency. (see v7, implied)

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Are there areas in your life where you have been trying to achieve or do to be "enough" for God? Are there areas where you have been like a "dog"; lazy about faith and prayer and following? Trust God's sufficiency and lean into Him to guide you and be all you need... obey his simple commands and know that is all He asks.



Today may have been a heavy day for some.... Others may feel they do not struggle in this area. If you are fully confident and not even a little convicted on this matter then I encourage you to consider people close to you in this light and how you might be praying for them.

*Pray...* and thank God for being sufficient. Find gratitude and relief in specific points of what you *get to* let go of... in what you don't have to *do* anymore to be in a personal relationship with Christ.

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## Day 13 - Philippians 3:(7),8-11 – Knowing Christ

What does Paul count as “loss”(v8a)\_\_\_\_\_

Why? (hint: what is on the other side of “because”) (v8b)\_\_\_\_\_

By laying down *everything* for Christ, where does Paul say he is “found” (v9a)\_\_\_\_\_

Where does righteousness NOT come from? (v9b)\_\_\_\_\_

Where DOES righteousness come from? (v9c)\_\_\_\_\_

Righteousness “depends on” what? (v9d)\_\_\_\_\_

*God is* personal. He desires a one-on-one relationship with YOU and this relationship is so amazing, everything else looks worthless in comparison! (see v8)

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*Pray...* and thank God for the relationship you have with Him. Articulate points of faith He has given you and where it has positively made life better even and especially *despite* worldly “good” things.

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## Day 14 - Philippians 3:12-16 – Pressing On

Has Paul achieved righteousness and perfection? (v12a) \_\_\_\_\_

What does he do anyway? (12b) \_\_\_\_\_

Why does he press on? (12c) \_\_\_\_\_

Why? What did Christ do to inspire him? (v12d) \_\_\_\_\_

HOW does he press on? What are the descriptors Paul uses in v13b? \_\_\_\_\_

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*God is* perfect, no flaws. His nature is the goal we strive for... it is where He calls us. (see v12, implied)

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*Pray...* and thank God for the strength and focus He gives you to press on. Think of a time when it was hard, when you had to strain, and thank Him specifically for that and how it grew you and brought you closer to the "goal".

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## Day 15 - Philippians 3:17-4:1 – Imitating the Believers

Paul invites believers to “imitate” him and who does he suggest they “keep [their] eyes on”? (v17b)

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Believers are also called to be discerning and not follow those who are considered “enemies of the cross”. What are the 4 descriptors Paul gives to these “enemies”? (v19)

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Believers are different and instead of describing them, Paul simply gives them an identity via “citizenship”. Where is their “citizenship”? (v20)\_\_\_\_\_

In what way does Paul tell the believers to stand in the face of “enemies” and in light of their heavenly citizenship (v4:1b)\_\_\_\_\_

*God is king.* His kingdom is heaven and his rule extends to our hearts. (see v20, implied)

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*Pray...* and consider the people in your life who walk righteously and set a good example, thank God for them and the specific examples they give you.

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## Day 16 - Philippians 4:2-7 – Rejoicing not Anxious

(circle one) Rejoice in the Lord sometimes, when I feel like it, only at church while worshipping, only when things are good, only when He answers my prayers the way I want, only when I have enough money, only when I and my family are healthy, always: again I will say, rejoice. [!!!]



Does that mean we rejoice we things *aren't* going well too? \_\_\_\_\_

How are believers to be known among everyone? (v5) \_\_\_\_\_

What should a believer be anxious about? (v6a) \_\_\_\_\_

What should a believer pray about? (v6b) \_\_\_\_\_

What should a believer pray with? (hint: it's the name of a holiday this month!) (v6c) \_\_\_\_\_

What will be the result? (v7a) \_\_\_\_\_

Does the peace of God fit inside of human understanding? (v7b) \_\_\_\_\_

*God is* a listener, He hears ALL we say, and He desires ALL requests be made known... He exchanges prayers for peace! (see v6, implied)

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*Pray...* and recognize anxious thoughts you may have, lift them up, and express gratitude to God that He can and He will take them up and replace them with HIS peace.

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...in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## Day 17 - Philippians 4:8-9 - Whatever Is... Think On These

List the 8 “whatevers” and “if there is any”. (v8)

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What are believers to do with each of these? (v8c) \_\_\_\_\_

What does Paul instruct the believers to do with what they have “learned and received and heard and seen” in him? (v9b) \_\_\_\_\_

If they practice the list of 8, what will happen? (v9c) \_\_\_\_\_



*Practice... it makes perfect!*

*God is peace.* Jesus says in John 14 that Godly peace is not the kind of peace the world gives... it is much bigger and more powerful. It is God-sized because *God is peace.* (see v9)

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*Pray...* and thank God for true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy things. Try to pick one thought for each category, or at least the first few which pop to mind, and lift them up in gratitude. Ask God to help you keep these wonderful thoughts at the forefront of your mind when temptations arise to think more dimly.

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# Choosing Gratitude

...in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## Day 18 - Philippians 4:10-13 - Paul's Rejoicing

What did Paul rejoice about? (v10) \_\_\_\_\_

When does he say he has learned to be content? (Circle one) When life is good, when all his needs are met, when friends and family members get along, in sunshine, in a nice home, when the baby is not crying, when all goals are reached, in whatever situation.

💡 Does "whatever situation" mean in the bad times too? \_\_\_\_\_

What 6 experiences in v12 does Paul express familiarity with?

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What has Paul learned as the result of his varying circumstances? (v13) \_\_\_\_\_

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*God is* strength and He pours that strength into us through Jesus in order to help us navigate ALL of life's ups and downs. (see v13, implied)

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*Pray...* and thank God specifically for times of plenty, times of hunger, times of abundance and of need. Be sure to cite examples and thank Him, also, for strength He gave you to weather it all.

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# Choosing Gratitude

...in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## Day 19 - Philippians 4:14-23 - Paul's Closing Reflections

What did the Philippians do that Paul considered "kind"? (v14) \_\_\_\_\_

Why are their gifts important, what does Paul seek most? (v17b) \_\_\_\_\_

Who does he say will supply their needs? (v19a) \_\_\_\_\_

Who receives the glory for needs met? (v20) \_\_\_\_\_

*God is* a provider. He knows our deepest needs.... Sometimes he provides in multitudes of plenty, and other times he calls us to simpler living.

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*Pray...* and thank God for His provisions.

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# Choosing Gratitude

...in everything by prayer and supplication with thanksgiving let your requests be made known to God.



## Day 20 - Reflect

This has been a study which has called you to think outside of the box. To really SEE scripture but to also really SEE God and find gratitude in light of not just the good things... but also the more challenging parts of life. Take today to reflect on all you have learned. Below are a few questions to get you started.

Which passages stood out most to you and why? \_\_\_\_\_

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*God is* ... which statement or statements about the character of God were most meaningful in this study and why? \_\_\_\_\_

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*Pray...* Which prayers were easiest, and which were hardest for you to pray? Why?

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# Philippians

ESV

## Chapter 1

<sup>1</sup> Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: <sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ.

<sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I always pray with joy <sup>5</sup> because of your partnership in the gospel from the first day until now, <sup>6</sup> being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

<sup>7</sup> It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. <sup>8</sup> God can testify how I long for all of you with the affection of Christ Jesus.

<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge and depth of insight, <sup>10</sup> so that you may be able to discern what is best and may be pure and blameless for the day of Christ, <sup>11</sup> filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

<sup>12</sup> Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. <sup>13</sup> As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. <sup>14</sup> And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

<sup>15</sup> It is true that some preach Christ out of envy and rivalry, but others out of goodwill. <sup>16</sup> The latter do so out of love, knowing that I am put here for the defense of the gospel. <sup>17</sup> The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. <sup>18</sup> But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.

Yes, and I will continue to rejoice, <sup>19</sup> for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. <sup>20</sup> I eagerly

expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. <sup>21</sup> For to me, to live is Christ and to die is gain. <sup>22</sup> If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! <sup>23</sup> I am torn between the two: I desire to depart and be with Christ, which is better by far; <sup>24</sup> but it is more necessary for you that I remain in the body. <sup>25</sup> Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, <sup>26</sup> so that through my being with you again your boasting in Christ Jesus will abound on account of me.

<sup>27</sup> 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 the one Spirit, striving together as one for the faith of the gospel <sup>28</sup> 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. <sup>29</sup> For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, <sup>30</sup> since you are going through the same struggle you saw I had, and now hear that I still

## Chapter 2

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.

<sup>5</sup> In your relationships with one another, have the same mindset as Christ Jesus:

<sup>6</sup> Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

<sup>7</sup> rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

<sup>8</sup> And being found in appearance as a man,

he humbled himself

by becoming obedient to death—  
even death on a cross!

<sup>9</sup> Therefore God exalted him to the highest place  
and gave him the name that is above every name,  
<sup>10</sup> that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,  
<sup>11</sup> and every tongue acknowledge that Jesus Christ is Lord,  
to the glory of God the Father.

<sup>12</sup> Therefore, my dear friends, as you have always obeyed—not only in my presence, but now  
much more in my absence—continue to work out your salvation with fear and trembling, <sup>13</sup> for it  
is God who works in you to will and to act in order to fulfill his good purpose.

<sup>14</sup> Do everything without grumbling or arguing, <sup>15</sup> so that you may become blameless and pure,  
“children of God without fault in a warped and crooked generation.” Then you will shine among  
them like stars in the sky <sup>16</sup> as you hold firmly to the word of life. And then I will be able to boast  
on the day of Christ that I did not run or labor in vain. <sup>17</sup> But even if I am being poured out like a  
drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all  
of you. <sup>18</sup> So you too should be glad and rejoice with me.

<sup>19</sup> I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive  
news about you. <sup>20</sup> I have no one else like him, who will show genuine concern for your welfare.  
<sup>21</sup> For everyone looks out for their own interests, not those of Jesus Christ. <sup>22</sup> But you know that  
Timothy has proved himself, because as a son with his father he has served with me in the work  
of the gospel. <sup>23</sup> I hope, therefore, to send him as soon as I see how things go with me. <sup>24</sup> And I am  
confident in the Lord that I myself will come soon.

<sup>25</sup> But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow  
soldier, who is also your messenger, whom you sent to take care of my needs. <sup>26</sup> For he longs for  
all of you and is distressed because you heard he was ill. <sup>27</sup> 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.

<sup>28</sup> 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. <sup>29</sup> So then, welcome him in the Lord with great joy, and honor people  
like him, <sup>30</sup> because he almost died for the work of Christ. He risked his life to make up for the  
help you yourselves could not give me.

## Chapter 3

3 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. <sup>2</sup> Watch out for those dogs, those evildoers, those mutilators of the flesh. <sup>3</sup> For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— <sup>4</sup> though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: <sup>5</sup> circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; <sup>6</sup> as for zeal, persecuting the church; as for righteousness based on the law, faultless.

<sup>7</sup> But whatever were gains to me I now consider loss for the sake of Christ. <sup>8</sup> What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ <sup>9</sup> 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 on the basis of faith. <sup>10</sup> I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, <sup>11</sup> and so, somehow, attaining to the resurrection from the dead.

<sup>12</sup> Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. <sup>13</sup> Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

<sup>15</sup> All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. <sup>16</sup> Only let us live up to what we have already attained.

<sup>17</sup> Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. <sup>18</sup> For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. <sup>19</sup> Their destiny is

destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.<sup>20</sup> But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,<sup>21</sup> 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.

## Chapter 4

<sup>4</sup> Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

<sup>2</sup> I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup> Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, 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. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

<sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> I can do all this through him who gives me strength.

<sup>14</sup> Yet it was good of you to share in my troubles. <sup>15</sup> Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; <sup>16</sup> for even when I was in

Thessalonica, you sent me aid more than once when I was in need. <sup>17</sup> Not that I desire your gifts; what I desire is that more be credited to your account. <sup>18</sup> I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. <sup>19</sup> And my God will meet all your needs according to the riches of his glory in Christ Jesus.

<sup>20</sup> To our God and Father be glory for ever and ever. Amen.

<sup>21</sup> Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings.

<sup>22</sup> All God's people here send you greetings, especially those who belong to Caesar's household.

<sup>23</sup> The grace of the Lord Jesus Christ be with your spirit. Amen.



*I am Thankful for...*





*Scripture to Remember:*



*Scripture to Remember:*



*Scripture to Remember:*



*Scripture to Remember:*