

FINDING JOY
IN A
DISJOINTED WORLD



A Study of the Book Philippians
by Sue LeBoutillier

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Published by:

Calvary Chapel — Ontario, Oregon

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❧ *Philippians* ❧
Finding Joy in a Disjointed World

You've probably heard the saying: *If it's not one thing—it's another!* My husband often says: *If it's not one thing—it's ten!* His point is there's always *something* not working quite right, *something* breaking down, some bill to be paid, some drama unfolding, or someone very unhappy with your decisions...you know exactly what I mean.

There always seems to be an unwelcome circumstance that drives our emotional responses, something or someone with the power to rob our peace and sanity, and steal our joy. But as daughters of the King, we don't *have* to allow our circumstances to dictate our emotional state.

We do have a choice—
a choice to *find joy* in the midst of a *dis—joy—nted* world.

I chose the adjective *disjointed* to form a noticeable wordplay. According to Merriam Webster, disjointed means '*being thrown out of orderly function*', (i.e., a disjointed society). That says it all. The world we spend our lives in has been *thrown out of orderly function*, ever since man's sin in the Garden of Eden. It is now *disjointed*.

But we can find *joy* and insert it back into our lives through our relationship with God in Christ Jesus. I hope this short study will enable us to do just that...**Find joy:**

- ...in spite of our **circumstances** (chapter 1).
- ...in spite of the **people** in our life (chapter 2).
- ...in spite of our **image** or **achievements** (chapter 3).
- ...and find joy that replaces **worry** with **contentment** (chapter 4).

Does that sound compelling, inspiring, needful? The Apostle Paul's brief *thank you* note to the Church in Philippi not only said *thank you* for their care and concern, but also encouraged them to continue to live *above their circumstances* rather than *under their circumstances!*

This Bible study is only five weeks long — one introductory lesson followed by four weeks of study, one for each of the four chapters of the Book of Philippians.

Each day's study will consist of three elements:

- Reading the entire chapter each day (Yep, that means reading each chapter five times—once every day)
- Writing the focus verses in your journal or notebook (Slowing down to handwrite verses brings a new dimension to learning)
- Completing the one-page of questions in this Study Guide

I think you'll enjoy these steps and, after five weeks, you will have a personal copy of the Book of Philippians written in your own hand.

May the Lord richly bless you as you study His Word—

Sue LeBoutillier

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To watch the video teachings for this Bible Study go to:
ccontario.com/womens-studies
or
YouTube.com/calvarychapelontario

*The best translation of the Bible to use is the one you understand the most easily—and using more than one translation can be a great aid to study! This study guide was created using the ESV (English Standard Version), which may be a helpful tool as you work through your study.



Introduction to the Book of Philippians

Read Philippians 1:1-2.

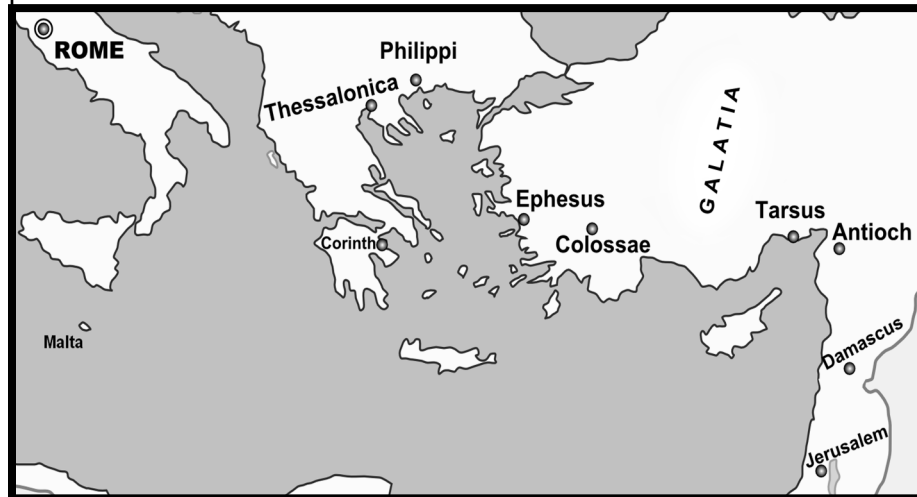
- Who are the authors of this letter?
- What word do they use to describe themselves?
- Who is the intended audience?
- How are *they* described?

Easton's Bible Dictionary defines a 'saint' as:
"One separated from the world and consecrated to God; one holy by profession and by covenant; a believer in Christ" ¹

Timeline of Paul's Activities

Apx. Year	Events in the Apostle Paul's Life	Acts
34	Conversion, Damascus, Arabia	9
46-47	Antioch, Jerusalem	11
48-49	First Missionary Journey & Antioch	13-14
50	Jerusalem Council & Antioch	15
51-54	Second Missionary Journey (Philippi)	16-18
54-56	Third Missionary Journey	19-21
57	Jerusalem Arrest	22-23
57-59	Cesarean Prisoner	24-26
59-60	Journey to Rome	27-28
60-67	House Arrest in Rome *	28
	* Letter written to the church in Philippi	

Churches Affected by Paul's Missionary Journeys (Including Philippi)



The people in Philippi were the first converts on the continent of:

Acts chapter ____ gives us the back story for the Philippian Church.

From **Acts 16:6-10**, we find that Paul and Silas got the idea to sail on over to Macedonia because of a particular experience. What was it?

jot some notes of the first three people that Paul and Silas encountered that likely became a part of the Church of believers in Philippi:

Lydia:

The Slave Girl:

The Jailer:

Additional Notes:

Week 1

Day 1



- READ: Philippians 1
 - WRITE: Philippians 1:3-6 in your journal
 - PRAY: Ask the Holy Spirit to lead you
-

In this first chapter, Paul lays out reasons for his personal **joy, regardless of the circumstances** that he's personally experiencing.

- Describe Paul's general attitude as he begins his letter and reflects on the believers in the Church at Philippi:

- From **v.5** what is one practical reason Paul feels such a kinship with this group?

I'm sure the Philippian Church was filled with irregular people just like any Church in America. What do **we** think of the people we fellowship with? Are we positive, or are we picky and petty?

- Write one adjustment you need to make in **thinking** about *saints* you fellowship with, and ask God for His power to change your thinking.

V.6 sets a tone for this book in terms of looking with eyes of faith to what God has done and will do.

- Whom is Paul crediting with their spiritual birth? _____
- With their future growth? _____

Even though Paul brought the Gospel to this town, he made it very clear that it was the work of the **Holy Spirit** in their lives.

We can personalize this verse to remind us that God not only **saved us** (*began the good work*), but is active in our lives for **spiritual growth** (*completing the good work*). To grow in the Lord, we must be willing to cooperate. Is there anything today that is a hindrance to your spiritual growth? Really think about it, ask the Holy Spirit to search your heart, and ask God to help you surrender that to Him.

Week 1

Day 2



READ: Philippians 1

WRITE: Philippians 1:7-11 in your journal

PRAY: Ask the Holy Spirit to lead you

In v.7, Paul mentions his current circumstance for the first time.

- What is it?

There is clearly something *disjointed* about a world that imprisons the messenger of peace and grace. This is the first of four times in Philippians that Paul made reference to being in *chains*—twice as often as any other letter he wrote, and yet this is the letter that makes reference to **joy** and **contentment** more than any other.

Each time you write the words *joy, rejoice, or rejoicing* in your daily writing, be sure to underline or highlight them!

Yesterday, we celebrated God's maturing work in *our* life. Today's verses are a prayer for maturity and Christian character that can be applied to *ourselves* or *others*.

- What is the first virtue mentioned (v.9)?
- Our culture considers *love* an emotion. But surrounded with words like *knowledge and discernment*, describe the type of maturing *love* you think Paul is praying for:
- What is the purpose of this *love, knowledge, and discernment* (v.10)?

This is one of many helpful model prayers in the Bible. We can never go wrong praying according to God's Word. Put this example into action today, by praying these verses over yourself, your husband, your children, your friend—whoever the Lord puts on your heart.

Week 1
Day 3



- READ: Philippians 1
- WRITE: Philippians 1:12-18 in your journal
- PRAY: Ask the Holy Spirit to lead you

What *happened* to Paul was that he ended up going to Rome as a *prisoner* rather than a *preacher*—which was his desire.

- What *good* had come from his difficult circumstances (v.12)?

- Who had taken note of his situation (v.13)?

- What resulted when others noticed his circumstances (v.14)?

This is the second time Paul mentioned how his *chains* had actually furthered God’s plan. We can’t classify our situations or restrictions with what Paul endured as a prisoner, but each of us has chains: circumstances that have turned out differently than we envisioned; painful twists in our plans; health that won’t cooperate; or loved ones who have turned away.

The question is, how will we choose to view these chains — from our perspective or from God’s view? To **find joy in spite of circumstances**, we must see God’s sovereign hand in every situation.

How are you handling your *chains* today? Read these Scriptures, and note what God teaches you about His choices for your life:

Psalm 16:5-8:

Psalm 25:8-10:

Psalm 138:6-8:

Paul focused on the Gospel, regardless of *how* it was handled:

- What did he say was *the important thing* (v.18)?

- What response did that generate in Paul’s heart (v.18)?

Week 1

Day 4



READ: Philippians 1

WRITE: Philippians 1:19-26 in your journal

PRAY: Ask the Holy Spirit to lead you

Paul knew he could count on two things that would help him through this trial. What were they (v.19)?

List what Paul was hoping the Lord would help him achieve (v.20).

That puts important aspects of life into perspective. We may be seeking the *help* of the Lord this week for stretching our budget, caring for sick children, hunting for a job, help on a test—all of which God cares about, but few of us are facing the uncertainty of life or death.

Note how Paul felt about the benefits of both *life* and *death* (v.21-24):

Living in the Body

Departing with Christ

Paul was confident there are no mistakes with God — that He could actually perceive benefit in either scenario.

Fear of death is one of the biggest fears we face. Paul had confronted this fear and decided that if he died, the worst that would happen would be gain, because he would be in Heaven with his Lord. Knowing this, he was able to face his trials without letting them get the best of him. His greatest fear had been settled.

Can you relate to a fear of death? Or, any other fear, for that matter? God is our Helper and if we bring our fears to Him, He WILL give us His mind to overcome them and be delivered.

It is through leaving the details of life and death
in God's hands that we find **Joy!**

Week 1
Day 5



- READ: Philippians 1
- WRITE: Philippians 1:27-30 in your journal
- PRAY: Ask the Holy Spirit to lead you

These final verses focus on *unity* and *stability*. **V.27** says, ***let your manner of life be worthy of the gospel of Christ***. Explain what that would look like and what changes that could mean in your life:

Two things have been granted to us as Christians. What are they (V.29)?

Ouch! My flesh cringes when I read verses like that. Believing is fine —suffering—not so much! Paul wanted to remind us that if we are suffering for Christ (like he had suffered there in the Philippian jail and now in Rome), it was not to be viewed as a wrong turn on our part, an accident or divine punishment, but rather part of God’s plan for us. Why? What purpose does suffering play in our lives?

Read **2 Corinthians 4:6-11**.

- What treasure do we possess?

- How is the container of the treasure described?

- What is the purpose of this treasure being in such a weak and frail vessel?

Suffering is having what you don't want, or wanting what you don't have. The secret is Christ in me, not me in a different set of circumstances.

Elizabeth Elliott ²

Week 2
Day 1



- READ: Philippians 2
- WRITE: Philippians 2:1-4 in your journal
- PRAY: Ask the Holy Spirit to lead you

As we continue with the theme of this book, “**Finding Joy in a Disjointed World**”, chapter two brings us to the reality of **Finding Joy** *in spite of the people in our lives*.

In your journal, go back and circle the words: *mind, comfort, love, and participation*, along with *affection* and *sympathy*. Ask yourself:

- Does my *encouragement* (joy) really come from knowing Christ?
- Do I draw *comfort* from the truth that He *loved* me so much as to even give His life for me?
- Do I *participate* with the Holy Spirit on a regular basis (prayer)?
- Has my mind been transformed to the *same mind* and *same love*?

In **v.2**, what did Paul say would complete his own joy?

List the phrases you see in **v.3-4** that show what having the same mind as Christ looks like:

-
-
-
-

We know our sinful heart wants its own way when it comes to relationships. But giving our heart that platform will rob us of the joy that is so vital to our testimony, and our emotional health. Maybe you’ve seen the acrostic for **J-O-Y**: **J** — Jesus **O** — Others **Y** — You

Here is the application for **J-O-Y**:

- Lord, help me to truly make You first place in my heart and mind.
- Place in me **one** ambition straight from Your heart to serve others.
- Show me **one** specific need in someone’s life that You desire to meet through Your strength and my obedience.

Week 2

Day 2



READ: Philippians 2

WRITE: Philippians 5:5-11 in your journal

PRAY: Ask the Holy Spirit to lead you

Today's passage is the *mountain peak* of this chapter as Paul connects the dots for us with our example in Christ Jesus. The ESV says, we should ***Have this mind among yourselves***, but the NIV's rendering is more straightforward: ***Your attitude should be like that of Christ Jesus...***

What is the nature of Jesus and His relationship to His Father (v.6)?

And yet, for our sake, He didn't tightly grip His *rightful* position. From v.7-8, list the phrases that show the drastic effort Jesus made for our benefit.

-
-
-
-

When we read, "***Let each of you look not only to his own interests, but also to the interests of others***" (v.4), we may think, yep—I agree! But when asked '*How far will you go?*', our intentions may get stuck right at comfort and convenience. Jesus didn't stop there — humbling Himself to become a human was anything but comfortable or convenient. He is our supreme example in not gripping our rights, and His attitude *can* be ours, through the Spirit of Jesus that dwells within us!

Which of my perceived *rights* am I willing to lay aside (as Jesus did) to be a blessing to someone else?

What act of obedience am I willing to say *yes* to today?

Week 2
Day 3



- READ: Philippians 2
 - WRITE: Philippians 2:12-13 in your journal
 - PRAY: Ask the Holy Spirit to lead you
-

One of the two central themes of this letter is encouragement to continue making progress (growing) in our faith and in serving others.

In **v.12**, Paul commends the Church for having applied themselves to _____, then he encourages them “to _____ *out their own salvation*”. *Obedience* and *work* in the same sentence might make us think it means *work for* our salvation.

- Read **Ephesians 2:8-9**, and explain why that cannot be the meaning of this passage:

George Muller put it this way: “A believer is called to the active pursuit of the will of God, he must **work out** what God, in His grace, has **worked in**.”

If you are born-again, can you sense that God has already placed His character—His mind in your life? You have a choice to **obey**, give that character fertile ground, let it take root, grow and yield a crop that will bring glory to the Lord. **HE works it in**, but it is through our obedience that **WE work it out**.

What type of character are we talking about? Read these passages and ask the Lord to show you *one thing* He has already worked in you and is asking you to yield to Him and work it out:

- **2 Peter 1:5-8**
- **Galatians 5:22-25**

Fear and *trembling* (**v.12**) are passionate words, but may not be a regular part of your vocabulary. What words could describe *your* intentions toward spiritual growth that ARE in your vocabulary?

Week 2

Day 4



READ: Philippians 2

WRITE: Philippians 2:14-18 in your journal

PRAY: Ask the Holy Spirit to lead you

Mommas, how many times have you quoted **v.14** to your kids? This time, it's here for US! Here are some other translations for this verse:

...*without complaining or arguing* (NIV)

...*without murmurings and disputing* (KJV)

...*without grumbling or disputing* (NASB)

The word **grumbling** reminds me of Israel's constant complaining against Aaron, Moses, and God Himself. In Exodus and Numbers, they seemed to grumble non-stop about their hardships, food, water, enemies, leaders; all while following God to the promised land. This created a *disjointed community*, rather than a group of people *finding joy*. The same can be true for us.

If God works in me to will and to act (2:13),

...then I know *circumstances* and *people* in my life are not outside of His notice and have perhaps been placed in my life for a purpose.

What type of complaining are you being convicted of? Trivialities like laundry? Mountains like bankruptcy? Or simply your '*lot*' in life?

If you want to break the habit of complaining:
"Allow yourself to complain of nothing—not even the weather"
Elisabeth Elliott²

As we submit ourselves to Christ and restrain grumbling, what type of progress may others see in our lives (**v.15**)?

-
-

As Paul wrote this letter, he felt as though he was just about *poured out*. Do you at times feel just about *poured out*? Yet, rather than complain, what was his attitude (**v.17-18**)?

Week 2

Day 5



READ: Philippians 2

WRITE: Philippians 2:19-30 in your journal

PRAY: Ask the Holy Spirit to lead you

In v.19, Paul says he would like to send _____ back to Philippi.

- What characteristic did Timothy possess (v.20)?
- What was the characteristic of most other people (v.21)?

If we separated people into those two categories: A) genuine interest in others welfare; B) looking out for your own interests, which side would you have to stand on?

We wake up each day set on our '*own personal interest*' side of the line. It's a choice to yield our natural mind to the mind of Christ, so He can enable us to *work to the outside* what He put on the *inside*.

A Gentile, named **Epaphroditus**, hand-delivered this letter to the Philippian Church. List phrases Paul used to describe Epaphroditus in v.25:

-
-
-
-

Read **Phil. 4:18** to find out why Epaphroditus first visited Paul.

- What almost happened to him in the process of serving Paul (v.27)?
- To what does Paul attribute Epaphroditus still being alive (v.27)?

In God's plan for *working His grace in our lives*, we may be called to serve a ministry leader, pastor, missionary, or someone you barely know, in an extravagant way. Here is a question to ponder for today: "*Am I willing to take another step in Finding Joy by risking something dear to me to really minister to someone else in their time of need?*"

Week 3

Day 1



- READ: Philippians 3
- WRITE: Philippians 3:1-14 in your journal
- PRAY: Ask the Holy Spirit to lead you

Rejoicing is one of the main points in Philippians and this section will help us *find joy, regardless of our image or achievements.*

What did Paul say was no trouble for him to do (v.1)?

- What did he believe his reminders would provide?

I've often said I need constant input of God's Words because I leak! It's necessary to be reminded of the same things over and over. For example, we *know* salvation is not by works, so did the Philippians; still Paul warned them of destructive influencers who taught ideas that conflicted with the Gospel of Grace. Obviously, this group was proud of their religious conformity to circumcision—it was part of their *brand or image*. Paul went on to remind the Church about the characteristics of those who are truly, spiritually circumcised in v.3:

- Worship by _____
- Glory in _____
- Put no confidence in _____

Joy comes from focus on **what Christ has done**, not what we've achieved. Let's read these verses again from the bottom up (v. 4, 3, 1)

"If anyone else thinks he has reason for confidence in the flesh"

Paul had more — Yet he found no JOY in those achievements.

He put ***"no confidence in the flesh"*** rather he ***"rejoiced in the Lord"***!

Circle any of the following religious achievements you may have once put your confidence in: water baptism communion
 church membership/attendance Sabbath-keeping

There can be no joy, satisfaction, or confidence in any of these achievements apart from the work of Christ — so let's rejoice today simply because we belong to God!

Week 3

Day 2



READ: Philippians 3

WRITE: Philippians 3:5-9 in your journal

PRAY: Ask the Holy Spirit to lead you

As an example of someone who could have taken pride in his image and achievements, Paul listed his pedigree. Note what he said (v.5-6):

- Circumcised:
- People/Tribe:
- His orthodox doctrine:
- Works that proved his zeal:

In terms of gains and losses (v.7):

- Which side of the balance sheet did he put those things on?
- After Christ transformed him, how did he consider them?

Our flesh tends toward keeping a spiritual ledger. If we fall short on some point (like telling a lie), we want to *do something* equally good to balance. But this leaves a person wondering, “Which side of my ledger has a positive balance right now—Am I ahead?—Am I behind?—I better **do something more**”. In fact, most people go through life thinking they will ultimately be judged based on their final balance. This is NOT a joy-filled existence.

With this misconception in mind, share how the truth expressed in v.9 can bring peace and joy into the heart of a child of God, and maybe how you would express your source of joy to someone who noticed:

Week 3

Day 3



READ: Philippians 3

WRITE: Philippians 3:10-12 in your journal

PRAY: Ask the Holy Spirit to lead you

Paul had warned the Philippians of the temptation to find joy in *doing* or *achieving*. Today's verses clarify that it's not *doing* but *knowing*.

What was Paul's passion in life (v.10)?

Specifically, he wanted to experience life in Christ through (v.10-11):

... the _____ of the resurrection...

... that he may _____ in his sufferings...

... and to become like him in his _____.

You would think by this time that Paul would have known Christ pretty well, wouldn't you? And yet, his one ambition in life was to know his Savior! If the Apostle Paul was still ambitious to know Jesus more, we should take inspiration to know Him better as well.

As we journey through our life here on earth as followers of Jesus Christ...

We want to **REJOICE** *because* we belong to God; and

We want to **GROW** *like women* who belong to God.

This is our ambition in life!

Verses 12-14 use the language of athletics. The term *pressing on* might bring to mind a marathon or some long-lasting event. List similarities you can think of, in comparing a marathon to your own spiritual life in Christ:

Week 3

Day 4



READ: Philippians 3

WRITE: Philippians 3:13-16 in your journal

PRAY: Ask the Holy Spirit to lead you

List the action phrases Paul used in v.13-14:

To focus *ahead*, what is the necessary attitude regarding the word '*behind*'?

In our past, we all have some degree of regret, drama, achievement, or probably a little of all three. Each has its dangers and we're warned not to allow the past to trip us up in our race. Thinking about what you know of the Apostle Paul's life:

- What things had he done in the past that could have created such a temptation to be mired in regret, so as to not serve the Lord?
- What positive achievements could have tempted him to think he'd done a pretty good job—probably more than his fair share?

We should be inspired by knowing that Paul had to process these temptations as well, and not to let his past hinder him as he strained forward. Ask the Lord to reveal to your heart anything from your past that may be hindering your forward progress.

Read and comment on these verses that inspire us to adopt a passionate pursuit to know and serve God:

- **Psalm 42:1-2**
- **Isaiah 43:18-19**
- **1 Corinthians 2:9-11**
- **1 Peter 2:2-3**

Week 3
Day 5



- READ: Philippians 3
 - WRITE: Philippians 3:17-21 in your journal
 - PRAY: Ask the Holy Spirit to lead you
-

The encouragement in this passage is to be discerning of both the good examples of Godly living and those who are bad examples.

From previous verses, how would you describe, “*Those who walk according to the example you have in us*”? I’ll do the first one...

- V.3: “*No confidence in the flesh*” (Their assurance for salvation is completely in the work of Christ, not their own works.)

•

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Making examples of mature Christians in our life is a Biblical concept. Read these verses and make notes:

1 Corinthians 11:1

Hebrews 10:24

Hebrews 13:7

Finally—the warning of bad examples! Paul was not talking about outsiders here, rather people within the Church, who DO NOT hold to the pattern that Paul set down in this letter and other Scriptures.

In **v.18**, what are these people at enmity with? _____

In **v.19**, what is their mind set on? _____

If someone becomes an example for us, we **must** inspect the fruit of their life through the filter of the Cross. Paul was grieved to tears over people who became such a negative influence over those he brought to Christ. We must not allow the influence of people who either:

- skew toward legalism by *adding rules* and promoting *doing*; or
- advocate liberality by wrongly *tolerating godless acts* in the name of acceptance and grace.

Week 4

Day 1



- READ: Philippians 4
 - WRITE: Philippians 4:1-3 in your journal
 - PRAY: Ask the Holy Spirit to lead you
-

Problems and stress in life are inevitable — our reaction is often anxiety and worry, but we're not left without tools to help us *replace our worry with contentment*. This chapter will help us find those tools.

The only Church problem mentioned in this book is here in **v.2-3**.

- What seemed to be going on with these two women?

- Why was it important for these two ladies to get back into agreement? (Consider verses from chapter two)

- Why do you think it may have been necessary to get someone else involved? (speculation)

In his first letter, Peter described the Church of Jesus as being ***built up with living stones*** (**1 Peter 2:5**). God Himself places those stones together as He sees fit, and from time to time, we find ourselves in very close proximity to another *stone* that rubs us the wrong way!

Read **Hebrews 12:15**. What is warned about these situations?

Read **1 Peter 4:8**. What is a prevention for these offenses?

Are you in the middle of any situations right now that you need to follow this mandate, find your common ground and simply ***“agree in the Lord”***?

Week 4

Day 2



READ: Philippians 4

WRITE: Philippians 4:4-7 in your journal

PRAY: Ask the Holy Spirit to lead you

Let's focus on the basic observations we see in **v.4**:

- What are we commanded to do?
- Who are we to rejoice in?
- When are we to rejoice?

As a companion passage, read **Zephaniah 3:17**.

- How does the Lord feel about YOU (or anyone who is in Christ)?
- What does He do to show His pleasure over you?

Verse 6 begins a conversation about **worry** or **anxiety**. Notice Paul's verb use: "**do not** _____ **anxious about** _____".

We often talk about anxiety like it's something you *have*—like you *have* a broken leg. We say, '*she has social anxiety*' just like we say, '*she has an abscessed tooth*'. The Apostle exhorted believers *not to BE anxious!* You can't exhort someone not to have an abscessed tooth.

We will war over worry as long as we are on this earth.

- Where does the battle of worry or anxiety take place in us (**v.7**)
- What is our remedy for worry, cares, and anxiety (**v.6**)?
- What is the expected result of applying the remedy (**v.7**)?

A peace-filled heart is only accessible by a praying heart.

Turn to page 32 for prayer suggestions based on these verses.

If you struggle with an anxious heart, applying this balanced prayer approach for a season may improve your emotional and mental health.

Week 4
Day 3



- READ: Philippians 4
- WRITE: Philippians 4:8-9 in your journal
- PRAY: Ask the Holy Spirit to lead you

These verses, like yesterday's, also help in our war over worry!

To begin, write the last four words in **v.8**:

If praying is a *strategy* for winning over worrisome thoughts, then the thinking patterns in this verse would be like helpful reinforcements. List each of the beneficial thoughts for mental health, a synonym or two, and then the opposite—like this:

Whatever is:

_____ true _____	_____ honest, trustworthy _____	not _____	_____ a lie, imagined _____
_____ honorable _____	_____	not _____	_____
_____	_____	not _____	_____
_____	_____	not _____	_____
_____	_____	not _____	_____
_____	_____	not _____	_____
_____	_____	not _____	_____
_____	_____	not _____	_____

Read **2 Corinthians 10:5**. Now, look at your list in the far right column. These are the things we are to *capture* and *kick out* of our mind—they are enemies of mental health. The challenges to our thought life change as the seasons of life change. What is the Holy Spirit showing you for *this season*, and how do you intend to act upon it?

List the coveted *results*, from the end of **v.9**, of practicing the preventative mental health measures that Paul listed and practiced himself:

Week 4

Day 4



READ: Philippians 4

WRITE: Philippians 4:10-13 in your journal

PRAY: Ask the Holy Spirit to lead you

Remember, this letter is mainly a missionary thank-you note, and now near the end, Paul is getting to the thanking.

- What had the Philippian Church done that caused Paul to rejoice? (Hint: You may need to read through to the end of the chapter)
- What virtue had Paul learned to apply in his life, regardless of his circumstances?
- Describe, in your own words, what it means to be *content*:
- Practically, how does a woman learn to be content? Better yet, how do *you* learn to be content?

"I can do all things through him who strengthens me" is a well-known verse. Maybe you've never noticed its surrounding context. The point Paul was passing on was that we really CAN do all things, endure tough circumstances and live with difficult people, as we find our strength in Christ!

- What deficit are you facing this season that needs the application of this truth?
- What area of your life has become discontented without you even noticing?
- What difficult person or relationship is the Holy Spirit challenging you to entrust to Him?

*"We would worry less if we praised more.
Thanksgiving is the enemy of discontent and dissatisfaction."
— Dr. Harry Ironside*

Week 4

Day 5



READ: Philippians 4

WRITE: Philippians 4:14-23 in your journal

PRAY: Ask the Holy Spirit to lead you

What role did the Philippian Church play in Paul's early ministry?

Paul wanted to be clear in **v.17** that he wasn't fishing for support, but was genuinely interested in the effect *their* giving had on *them*. Sometimes we may feel that our giving is small and insignificant. Read these passages, and reflect on how they apply to your own life and giving:

- Mark 12:41-44
- Galatians 6:10
- 1 Timothy 5:8
- Hebrews 6:10
- Hebrews 13:16
- Revelation 3:17

The context of **verses 18 & 19** is *giving and receiving*. What connection do you perceive between these ideas?

“And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

That is a PROMISE! But you'll notice it's a promise made to GIVERS! There's a principle that we find throughout the Word of God—and that principle says that when we GIVE, it will be GIVEN BACK TO US—a good measure, pressed down and shaken together.

—Paul D. LeBoutillier

Reflections on Philippians

As we close our study of this book, use this space to write reflections and observations for your personal life:

- What would you say is your favorite verse from this study?
- What is one adjustment in your attitude, with regard to your *circumstances*, that God has brought about through your study?
- What is one adjustment in your attitude about *people* in your life that God has brought about through your study?
- What is one adjustment in your attitude about your *image*, or what you *do* or *achieve*, that God has brought about through your study?
- What has God shown you specifically about handling stress and worry? Is there something He has challenged you to change?
- What is one adjustment in your attitude about *contentment*, *giving* and *receiving*, that God has brought about through your study?

Praying for Improved Emotional & Mental Health

Do not be anxious about anything, but in everything
by *prayer* and *supplication* with *thanksgiving*
let your requests be made known to God. Philippians 4:6

Whenever we stumble onto really good advice in Scripture, it's good to stop and find a way to put it into practice. It would be a shame to just read it, understand it, agree with it, but not DO IT! That's what this supplement is about — helping us to put into practice what the Word says.

Some translations use the word worry — *don't worry about anything!* We've learned, in our study, that prayer is the antidote to worry, and in the above verse, Paul brings to mind three unique aspects to prayer:

Prayer—The simple word *prayer* in this verse carries the idea of devotion and worship. When we feel the darkness of worry or anxiety come over us, what we really need is to first worship our Creator God to bring to mind His power and greatness! We need to remind ourselves that He's on duty and He's able to handle our problems.

Supplication—This aspect is what comes to mind when most people think of prayer — telling God our needs. Some translations use the word *petition*, but it simply means speaking your worries to God — then leaving the list with Him.

Thanksgiving—The final element of prayer means just what it sounds like — giving thanks to God, crediting Him with what He has given and cultivating an attitude of gratitude.

Worry tells God you don't trust Him for the details
Worry is the opposite of **Worship**.

These pages are intended to jump start your **war over worry!** In each of the three categories (which correspond with the three aspects of prayer from Philippians 4:6), we're going to write and pray **seven brief conversations**. The first category will be seven things to worship about God, then seven petitions, and then seven areas of gratitude. You can see where we're going with this — developing relationship by sandwiching our petitions between worship and thanksgiving.

STEP ONE: List seven things to worship/adore about God —

(Example: God, I worship You for Your unchanging character and dependability. I know You are the same, and respond to me the same; yesterday, today and forever.)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

STEP TWO: List seven petitions — things that would stress your heart and mind, if not brought to the Lord.

(Example: God, I pray that You would grip the heart and mind of my son/daughter, so they would surrender their life fully to You.)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

STEP THREE: List seven areas of thankfulness in your life—

(*Example:* God, thank You so much for my car that's still getting me to work everyday in spite of its many miles!)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

There are other important aspects to prayer found in the Bible such as confessing our sins, without which we don't keep our relationship with the Lord open and healthy. But this format is a simple way to put into practice what we studied in the last chapter of Philippians.

Maybe it will be profitable for you to do this many times in the coming days and weeks, as you continue to develop even more thoughts of *worship* and *thanksgiving*, to sandwich around your *petitions*.

May the Lord Bless You!

References

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Women of the Word Bible Studies

The following WOW Bible Studies written by Sue LeBoutillier are available through the **Calvary Chapel Ontario bookstore**, and through our online store at **www.ccontario.com**.

Old Testament:

- **Genesis** —Divine Design, From Eden to Egypt
- **Exodus** —Divine Deliverance, From Egypt to Sinai
- **Numbers** —The Wilderness Way, From Sinai to the Jordan
- **Joshua** —The Path of Promise, From the Jordan into Canaan
- **Judges** — A Time of Turning
- **Ruth** — Rescue and Rest
- **1 Samuel** — The Coming King
- **2 Samuel**— The Reigning King
- **1&2 Kings (Part One)**— Solomon and the House of the Lord
- **Jonah** —The Call of Compassion

New Testament:

- **The Way of Jesus** —The Sermon on the Mount (Matthew)
- **Simply Jesus** —The “I AMs” of Christ (John)
- **Acts** —Walking in the Spirit, The First Days of the Last Days
- **Galatians** —Finding Grace in a Demanding World
- **Philippians** —Finding Joy in a Disjointed World
- **Colossians** —Finding Stability in a Changing World
- **Titus** —While We Wait
- **James** —Real Faith for Daily Life
- **1 & 2 Peter** —Hope, Holiness and Humility in a Hostile World
- **1,2,3 John** —Light, Love and Logic

