

WEEK 4/UNIT 1  
PHILIPPIANS 4:1-9

Observations/Sermon Notes:

Interact with the text:

1. List the specific things Paul urges his brothers and sisters to do in verses 1-9. What does he say are the benefits of doing these things?

2. What does it mean to train our minds to think on “these things” (verse 8) and how do we do that? What are some practical steps that can help us stay on track?

Apply the text:

What are you anxious about today? Follow the instructions in v. 6 as a guide for prayer.

Chosen word or verse of the day:

WEEK 4/UNIT 2  
PHILIPPIANS 4:10-23

General observations:

Interact with the text:

1. What does Paul say he's learned about contentment? How can we adopt that same attitude?
2. Phil. 4:13 is often taken out of context to mean that believers can do "anything". But what, specifically, is it that the Lord enables Paul to do? How does this work in our own lives?
3. Paul talks about the Philippians sharing in his suffering. Who shares their suffering with you right now? How are you growing through your involvement in the suffering?
4. Who are you sharing your suffering with? How are you growing through your vulnerability?

Apply the text:

Identify an area of your life where you most need to shift from self-sufficiency to Christ-sufficiency and make this a matter of prayer.

Chosen word or verse of the day:

## WEEK 4/UNIT 3

### SUMMARY

YOU MADE IT! We've gone through Philippians in big chunks on purpose, since that's how the letter was intended to be read. As we wrap up this study, carve out some time to read the entire book again in one setting. Then think through the following summary questions.

1. What stood out to you as you read the letter this time? What did you notice that you might not have seen before?

2. What are 1-2 things you have found challenging in this study of Philippians?

3. What are 1-2 things you have found helpful or comforting in this study?

Take away action, verse, or theme:

# *Notes, Doodles, Thoughts*

