

INTRODUCTION TO PHILIPPIANS

THEME VERSE: Philippians 4:4 - "Rejoice in the Lord always; again I will say, rejoice."

WHO:

Paul-
Apostle of Jesus Christ (Acts 9)

The Church at Philippi-
Paul planted this church during his second missionary journey (Acts 16:12-40)

WHERE/WHEN:

- Paul most likely wrote this letter to the Philippians when he was imprisoned in Rome in AD 60-62 (1:12-14)
- Philippi, a Greek city in the region of Macedonia, was the first town where Paul established a church

WHY:

- To inform them about his circumstances at Rome (1:12-26)
- To exhort them to unity (2:1-2; 4:2)
- To explain why he sent Epaphroditus to them (2:25-27)
- To warn against false teachers (3:1-4:1)
- To thank the Philippians for their gift (4:10-18)

For us today - Paul shares a real example of how to find joy in every circumstance (4:4-7)

NO MATTER WHAT

PHILIPPIANS 1:1-11

REFUGE

MEMORY VERSE: Philippians 1:6 - "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."

Helpful Definitions:

Discernment -

the ability to know when something is right or wrong

Blameless -

innocent, without fault



TALK

When did Jesus start His "good work" in you? Parents, briefly share when you put your faith in Jesus for the first time, or an area God is working now to change you from the inside out.

How does loving God change the way we see right and wrong?



Pray for each other to grow in your knowledge of God.

THANKFULNESS

Throughout the week, send a few texts to people expressing thankfulness for them.

(**BONUS:** write out Thank You cards together as a family and send them to friends and family you are thankful for. Be specific!)



PHILIPPIANS 1:12-18

REFUGE

MEMORY VERSE: Philippians 1:18 - "What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice."

Helpful Definitions:

Selfish ambition -

seeking glory for yourself

Pretense -

presenting falsehood as truth



TALK

Paul used his imprisonment as an opportunity to advance the Gospel. How could our family use our hardships to do the same?

Does it surprise you to see that Paul rejoiced in people sharing the Gospel even though they did it out of selfish ambition? Why or why not?



Pray for each other to be bold in sharing the Gospel through words. Is there someone specific your family can pray for who doesn't follow Jesus?

SOCIAL MEDIA CHALLENGE: 1-MINUTE TESTIMONY

Record and post a 1 minute video sharing the Gospel. See the Sharing the Gospel resource (page 2) if you want to use a SUPER easy method to sharing the Gospel.



PHILIPPIANS 1:19-26

REFUGE

MEMORY VERSE: Philippians 1:21 -
"For to me to live is Christ, and to die is gain."

Helpful Definitions:

Deliverance -

being rescued or set free

Flesh -

temporary, physical
body



TALK

Is Paul suicidal in his desire to no longer live but instead to die and experience eternal life with Jesus?

Read verse 20 again out loud. How can we honor Christ in our bodies as we live?



Pray that your family would be shining examples of living in Christ, glorifying Him through everything you do this week.

START/STOP

Share one thing you plan to start doing this week to glorify Jesus and one thing you can stop that doesn't glorify Jesus. Be sure to hold one another accountable throughout the week.



PHILIPPIANS 1:27-30

REFUGE

MEMORY VERSE: Philippians 1:27a "Only let your manner of life be worthy of the gospel of Christ..."

Helpful Definitions:

Standing firm -

not changing based on peer pressure

Engaged -

unavailable, busy



TALK

What kind of things divide churches? Why is it so important to be unified as a family? As a church?

Has there ever been a time you suffered for your faith in Jesus? How did you respond? If that's never happened, how do you think you will respond when it does?



PRAY

Pray for our church to be unified as we seek to help others know and follow Jesus.

FAMILY MOTTO

A family motto is a unifying statement to guide and direct our decisions, our interactions, and where we spend our time, money, and energy as a family. Whether you've written one or not... you have one, and sometimes it's not what you really would want it to be. Talk together about what makes your family unique, how God can use your family to point others to Him, and what things you want your family to be known for. Try to put it together into one statement, something you can reference, repeat, and remind each other of.



MOVE

PHILIPPIANS 2:1-18

REFUGE

MEMORY VERSE: Philippians 2:14-15 - "Do everything without grumbling or arguing, so you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like the stars in the sky"

Helpful Definitions:

Exalted -

Place at a high level;
important

Blemish -

a small flaw

Labor in vain -
work for nothing



TALK

If we count others as more significant than ourselves, does that mean we have a low view of ourselves and think everyone is better than us?

How does it make you feel knowing Jesus was fully human?

Why do you think it's so easy to complain? Would not complaining set you apart from your peers?



Thank Jesus for being fully human and giving us the perfect example of humility.

COMPLAINING JAR

Commit to a "no complaining" week. Anytime someone complains, remind them of Philippians 2:15. You could make a game out of it. Make a "complaining jar" for each person. Anytime they complain, put something in the jar and see whose jar fills up the most.



PHILIPPIANS 2:19-30

REFUGE

MEMORY VERSE: Philippians 2:22 "But you know Timothy's proven worth, how as a son with his father he has served with me in the gospel."

Helpful Definitions:

Welfare -

health or happiness of a person or group

Sorrow upon sorrow -

multiple bad things happening at once



TALK

Paul often mentions the names of people who help him spread the Gospel. Who are friends in your life that you count on to help you?

Is there someone you know who was sick and recovered? How did that experience change the way you valued them?



Pray for someone you know who is struggling with their health. Is there something your family can do to encourage them?

FRIENDS, ASSEMBLE!!!

With a friend or small group of friends, plan a service project you can do together. Maybe serve at the Friendship House or another local ministry.



PHILIPPIANS 3:1-14

REFUGE

MEMORY VERSE: Philippians 3:13-14 - "One thing I do, forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the upward call of God in Christ Jesus."

Helpful Definitions:

The circumcision -

those born Jewish

Rubbish -

garbage, something worthless



TALK

Parents, share your testimony with your kids this week. An easy guide to use is "BEFORE", "THEN", and "NOW". Describe your life before you started following Jesus (focus more on attitudes, habits, and relationships).

Then, describe the circumstances around you hearing the Gospel and responding (church, camp, a friend, etc.). Finish with what attitudes, actions, and habits you have now because of your faith in Jesus.



PRAY

Pray that you will find your value in Jesus and not your own attempts to be a "good" person.

OUR BEST VS. HIS BEST

On a piece of paper take turns writing down accomplishments (promotion at work, earning a starting position on a team, getting a raise, etc.). Then crumple them up and throw them in the trash. Talk about how our best accomplishments don't mean anything apart from Jesus.



MOVE

PHILIPPIANS 3:15-21

REFUGE

MEMORY VERSE: Philippians 3:20-21 - "But our citizenship is in heaven, and from it we await a savior, the Lord Jesus Christ, who will transform our lowly body to be like His glorious body by the power that enables Him even to subject all things to Himself."

Helpful Definitions:

Glory in their shame -

being proud of things we should be ashamed of

Their god is their belly -

seeking physical pleasure in place of God



TALK

Is there someone you can imitate? Maybe a famous person or even a member of your family?

Can you think of someone you know who you want to spiritually imitate? Could you talk to them and find out how they are growing in their faith?

What are some earthly things you have set your mind on (work, entertainment, hobbies, etc.)?



PRAY

Confess the earthly things you have set your mind on and ask God to help you think more about eternal things than temporary things.

FIND A MENTOR

Reach out to someone you look up to spiritually. Ask them to go to lunch or grab a cup of coffee so you can learn what they're doing to become more like Jesus. There's a GREAT chance they would be THRILLED to talk to you!



MOVE

PHILIPPIANS 4:1-23

REFUGE

MEMORY VERSE: Philippians 4:6-7 - "Do not be anxious about anything, but in everything by prayer and petition with thanksgiving present your requests to God. And the peace of God which transcends all understanding will guard your heart and your mind in Christ Jesus."

Helpful Definitions:

Anxious -

worrying about something with an uncertain outcome

Commendable -

deserving praise, worthy of admiration



TALK

What makes you anxious or worried? Do you ever use worry as a trigger or reminder to pray?

Why does it matter what we think about?

How would focusing our thoughts on the things listed in vs. 6-7 affect our contentment?



Ask God to remind you to think about things that are true, honorable, just, pure, and lovely.

PRAYER TRIGGER

Whenever you feel anxious or worried, stop and pray for someone in your family. Write them an encouraging note or send an encouraging text letting them know you prayed for them.

