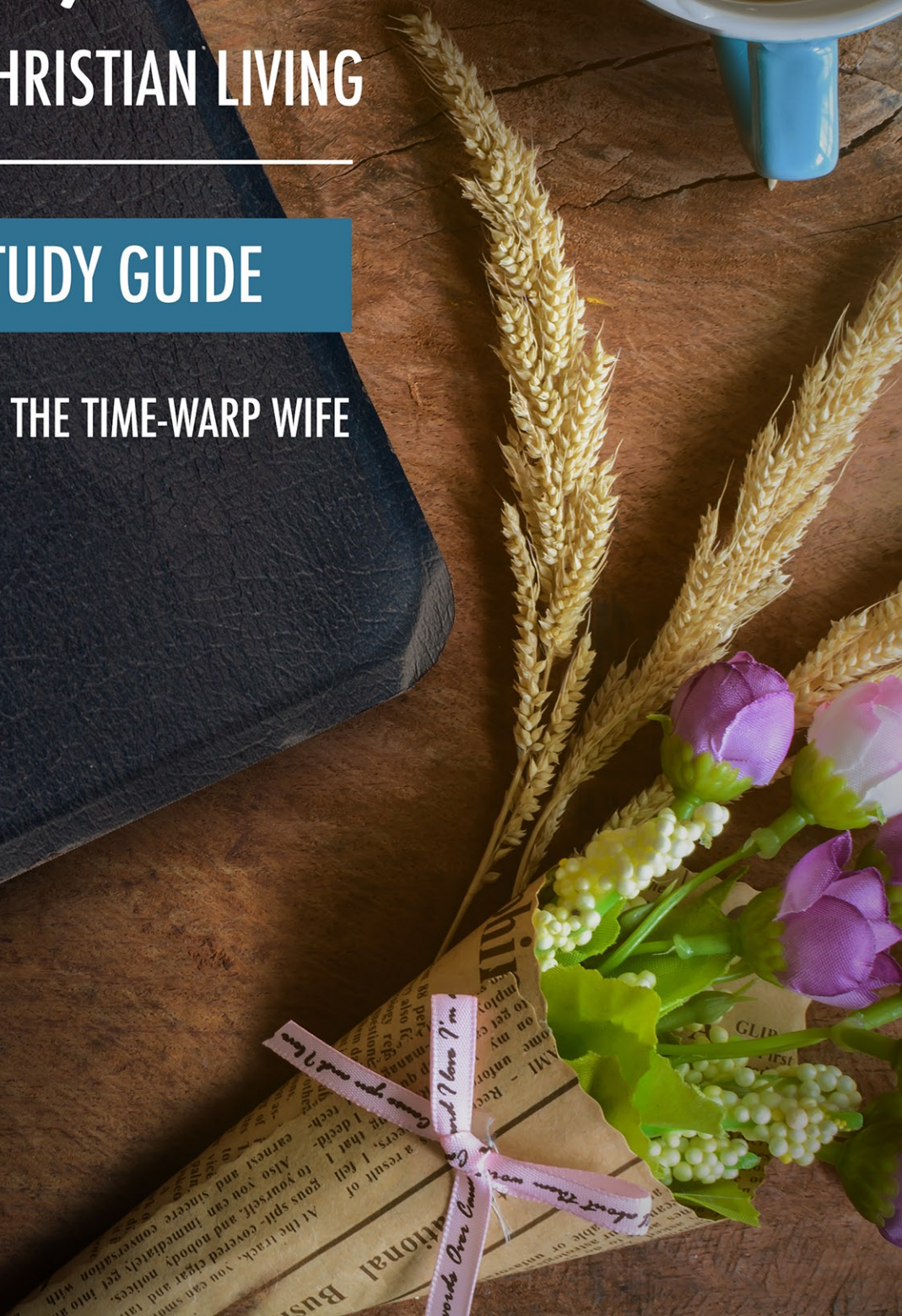


Philippians

THE JOY OF CHRISTIAN LIVING

4-WEEK STUDY GUIDE

DARLENE SCHACHT, THE TIME-WARP WIFE



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THE JOY OF CHRISTIAN LIVING

4-WEEK STUDY GUIDE

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— Introduction —

While the book of Philippians is a small one, consisting of only four chapters. It's a book that's packed full of encouragement for today's Christian walk.

Throughout the book Paul refers to the joy that is available to all Christians, and while the main theme of the book leans toward joy, it's also about humility, peace, obedience and contentment.

Paul urges the church to adhere to the gospel of Christ, and to be aware of false teachers. He also encourages them to rejoice and to live joyful lives.

The emphasis on joy and contentment makes the book of Philippians a favorite to many.

This 4-week study opens up with a focus on Paul, his conversion, his mission, his visit to the Philippian church in the book of Acts, and his suffering. By gaining a better understanding of the author and his relationship to the church, we have a deeper understanding of his letter to them.

Digging Deeper

The study is divided into sections, each consisting of two days. This provides you with an extra day to dig deep into each topic.

Here are a few ways to do that:

- Look up the scripture in a commentary like *Matthew Henry's* or grab a different translation, and read it again. Is there anything that you missed the first time?

Is a commentary too much for you? Try *Matthew Henry's Concise Commentary* which is an abbreviated version.

- Look for other verses in the Bible that talk about the same topic. What can you learn from them?

- Cross reference key verses that stand out to you. You can cross reference any verse online at: <http://www.openbible.info/labs/cross-references/>
- Look for life application principles. Ask yourself how you can improve in this area.
- Use the Blue Letter Bible at <http://www.blueletterbible.org> where you'll find interlinear Greek and Hebrew translations, as well as other awesome Bible study tools.

Encouragement

Visit my blog each week where I'll share encouraging thoughts on the topic as we go through this study. I'll also share printable resources to go along with the study!

You can find my blog at: <http://www.timewarpwife.com>

Fellowship

Visit my Facebook page where I share my thoughts on Mondays, Wednesdays, and Fridays (during the month of the study), and join in the discussions:
<http://www.facebook.com/timewarpwife>

Join our Bible journaling group where you can share your journal entries:
<https://www.facebook.com/groups/biblejournalingonline/>

Quieting Your Heart

I believe that prayer is an essential part of studying the Bible. At the end of each day you'll see a reminder to grab your journal and quiet your heart.

A journal can be anything from a piece of paper to a pretty little book you pick up at the mall. It's a daily prayer journal that gets you into the habit of writing your prayer down in a book.

Some readers prefer to use the ***Quieting Your Heart: 6-Month Prayer Journal*** – available at Amazon.com. It's a pretty little journal with birds that you can color, scripture you can meditate on, and a place to record prayer requests:
<http://amzn.to/2aJnjda>

Saul's Conversion

*Paul, a servant of Jesus Christ, called to be an apostle,
separated unto the gospel of God.
Romans 1:1*

MONDAY

Acts 13:9

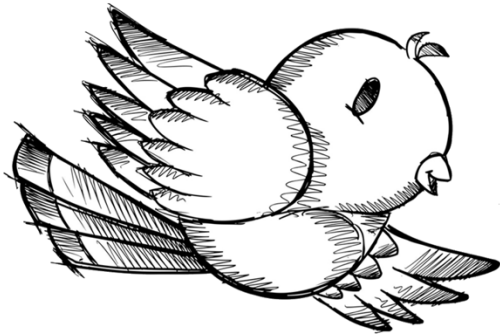
What was Saul's other name? _____

Read Acts 9:1-31 - "Paul's Conversion"

What did you learn about Paul's conversion?

Quiet Your Heart

If you have a “Quieting Your Heart Prayer Journal” don’t forget to fill it in, as you spend quiet time in prayer.



Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

———— PHILIPPIANS 4:4 ————

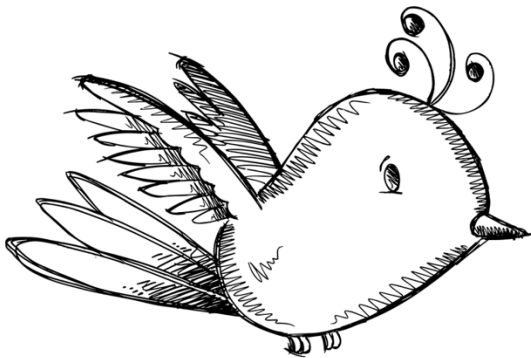
TUESDAY

What do we know about Paul prior to his conversion?

Cross References: Acts 7:57-60, Acts 8:3, Acts 26:10, Acts 22:3, Romans 11:13, Acts 2:4, Galatians 1:13

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— Paul's Mission —

But the Lord said unto him, Go thy way: for he is a chosen vessel unto me, to bear my name before the Gentiles, and kings, and the children of Israel.
Acts 9:15

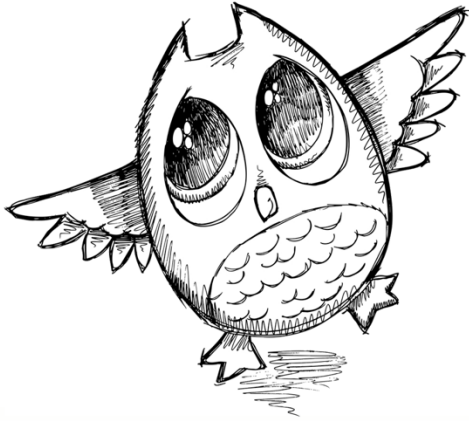
WEDNESDAY

Read Ephesians 3 - “Paul’s Mission to the Gentiles”

What did you learn about Paul’s mission?

Quiet Your Heart

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THURSDAY

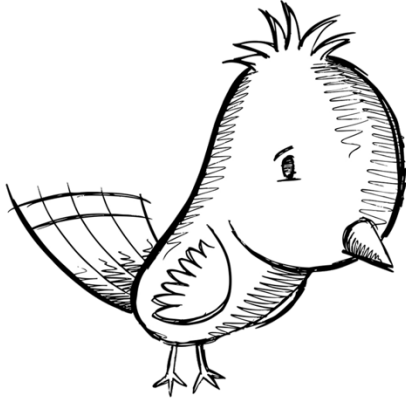
What is “The Mystery of Christ” that Paul talks about in Ephesians 3?
(also read Ephesians 2:11-22)

Why was Paul’s mission important in forming the early church?

Cross References: Romans 2:28, 1 Corinthians 12:13, Ephesians 2:14, Galatians 3:28, Psalm 118:22, 1 Corinthians 3:16

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———— PHILIPPIANS 4:4 ————

Paul's Suffering

*Wherefore I desire that ye faint not at my tribulations
for you, which is your glory.
Ephesians 3:13*

FRIDAY

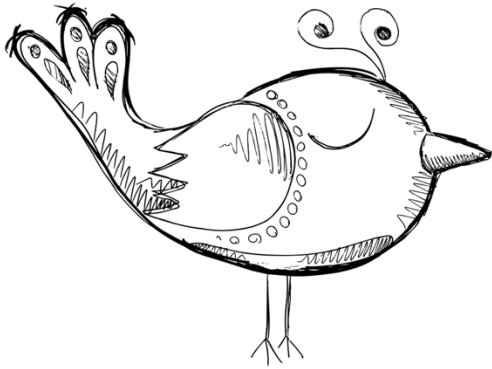
Read 2 Corinthians 11:18-28 - “The Sufferings of Paul”

List the sufferings of Paul found in 2 Corinthians 11:18-28:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

—— PHILIPPIANS 4:4 ——

SATURDAY

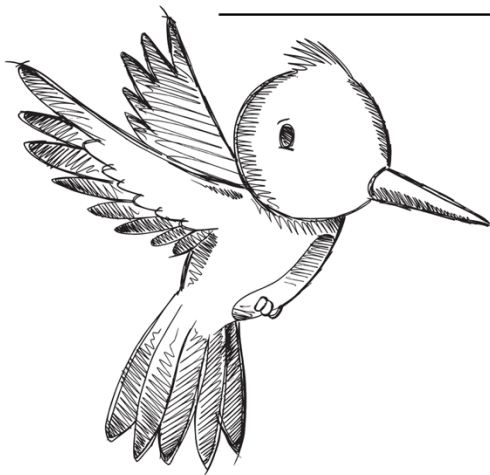
Compare 2 Corinthians 11:18-28 with 2 Corinthians 4:16-18

What does Paul's example teach us about joy in suffering?

Cross references: 1 Cor. 4:10-11, Romans 11:1, Philippians 3:5, Acts 16:23, Romans 8:36, 2 Cor. 10:7, Acts 16:22, Acts 14:9

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———— PHILIPPIANS 4:4 ————



DAY 7

A day of rest...

ENJOY THIS BEAUTIFUL DAY
WITH YOUR FAMILY

The Church in Philippi

And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.

Acts 16:31

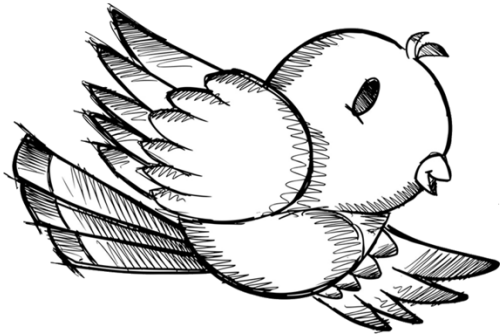
MONDAY

Read Acts 16:11-40 - “Paul’s Visit to Philippi”

What did you learn about Paul’s visit to Philippi and the people there?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
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———— PHILIPPIANS 4:4 ————

TUESDAY

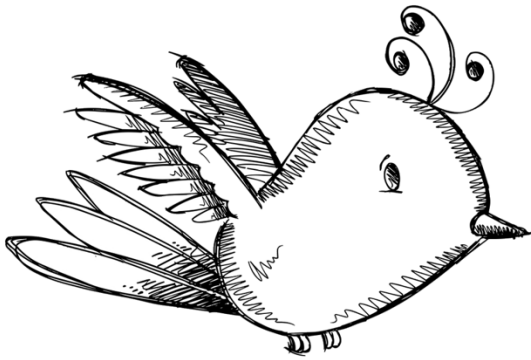
Read 2 Corinthians 8:1-5

What else do we learn about the church in Philippi?

In Acts 16 we read about the persecution of the early church. What are some ways the church is persecuted today?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
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———— PHILIPPIANS 4:4 ————

Philippians 1:1-11

*He which hath begun a good work in you will perform it
until the day of Jesus Christ.*

Philippians 1:6

WEDNESDAY

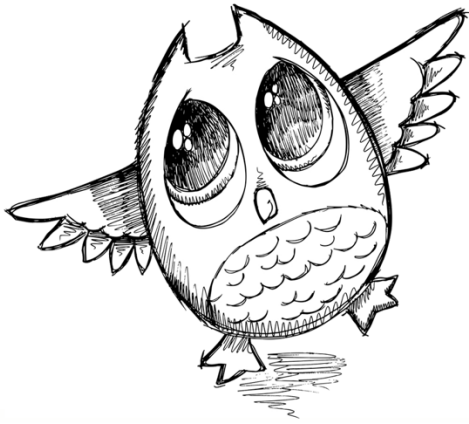
Read Philippians 1:1-11

What is the main concept, or what is God telling you?

How can you apply this to your life?

Quiet Your Heart

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THURSDAY:

Start Digging

Refer to the “Digging Deeper” section in the introduction and start digging.

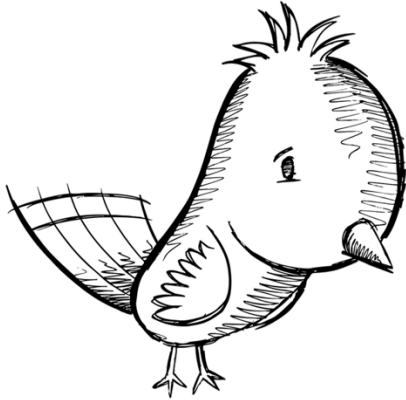
Have you learned anything new today?

Consider This

When you reach out to people do you look to them for your reward or are you reaching out because of your love for the Father?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

———— PHILIPPIANS 4:4 ————

— *Philippians 1:12-30* —

*For to me to live is Christ, and to die is gain.
Philippians 1:21*

FRIDAY

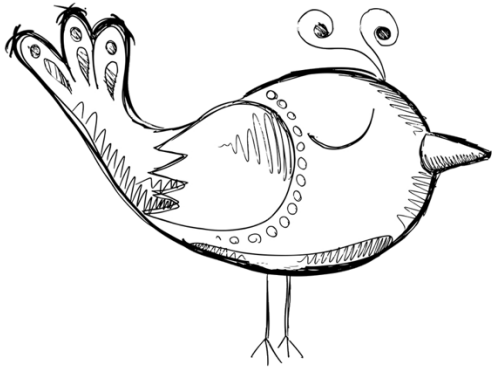
Read Philippians 1:12-30

What is the main concept, or what is God telling you?

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Quiet Your Heart

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SATURDAY:

Start Digging

Refer to the “Digging Deeper” section in the introduction and start digging.

Have you learned anything new today?

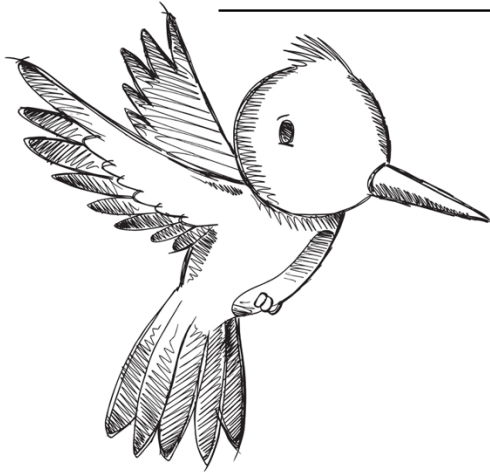
[illegible]

List some of the trials you're facing, then cast each one of them down with a reason to rejoice

[illegible]

Quiet Your Heart

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—— PHILIPPIANS 4:4 ——



DAY 14

A day of rest...

ENJOY THIS BEAUTIFUL DAY
WITH YOUR FAMILY

Philippians 2:1-11

*Fulfil ye my joy, that ye be likeminded, having the same love,
being of one accord, of one mind.
Philippians 2:2*

MONDAY

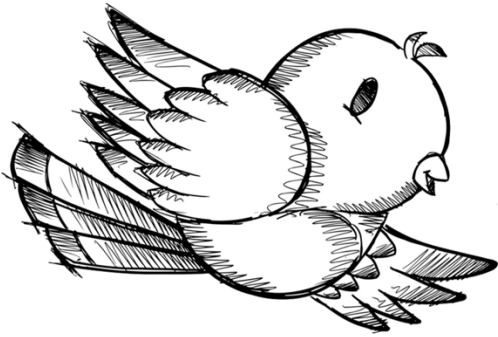
Read Philippians 2:1-11

What is the main concept, or what is God telling you?

How can you apply this to your life?

Quiet Your Heart

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—— PHILIPPIANS 4:4 ——

TUESDAY:

Start Digging

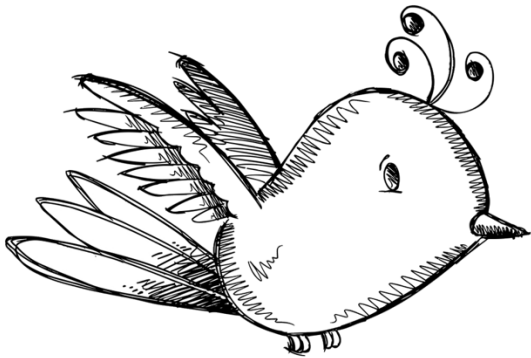
Refer to the “Digging Deeper” section in the introduction and start digging.

Have you learned anything new today?

Why is it important for Christians to walk in humility and become servants of man?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

———— PHILIPPIANS 4:4 ————

--- Philippians 2:15-30 ---

*That ye may be blameless and harmless, the sons of God,
without rebuke, in the midst of a crooked and perverse nation,
among whom ye shine as lights in the world.*

Philippians 2:15

WEDNESDAY

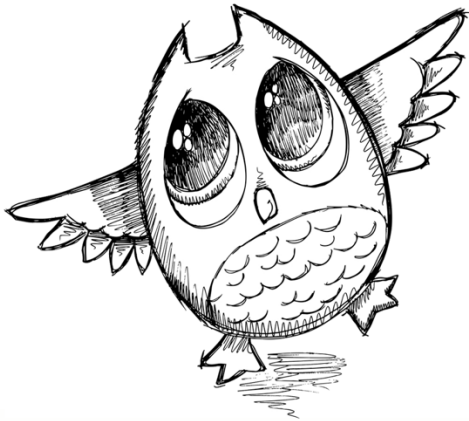
Read Philippians 2:15-30

What is the main concept, or what is God telling you?

How can you apply this to your life?

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THURSDAY:

Start Digging

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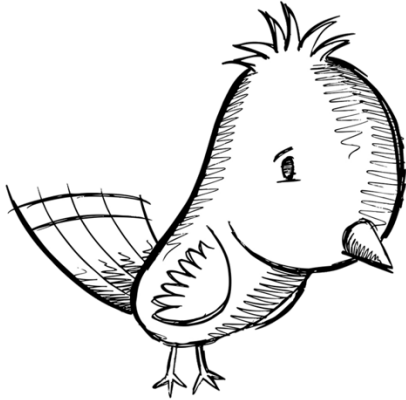
Have you learned anything new today?

What are 3 terms that Paul uses to describe his relationship with Epaphroditus?
(verse 25)

Look up Acts 16:1-5. What four things do we learn about Timothy?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

—— PHILIPPIANS 4:4 ——

Philippians 3:1-11

*Yea doubtless, and I count all things but loss for the excellency of the
knowledge of Christ Jesus my Lord:*

Philippians 3:8

FRIDAY

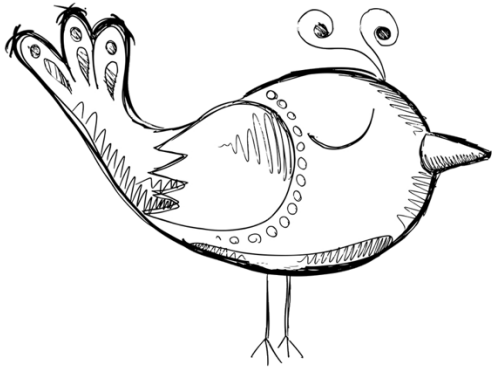
Read Philippians 3:1-11

What is the main concept, or what is God telling you?

How can you apply this to your life?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
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SATURDAY:

Start Digging

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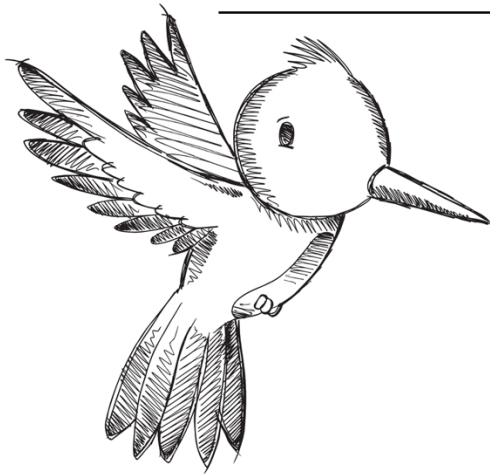
Have you learned anything new today?

What is a Pharisee?

What are some of the sins you cut away or continue to cut away to follow Christ?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

—— PHILIPPIANS 4:4 ——



DAY 21

A day of rest...

ENJOY THIS BEAUTIFUL DAY
WITH YOUR FAMILY

--- *Philippians 3:12-21* ---

*I press toward the mark for the prize of the high calling
of God in Christ Jesus.*

Philippians 3:14

MONDAY

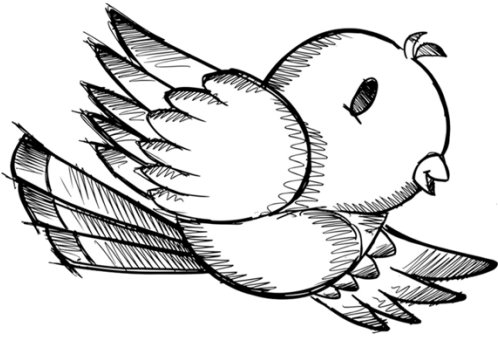
Read Philippians 3:12-21

What is the main concept, or what is God telling you?

How can you apply this to your life?

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

———— PHILIPPIANS 4:4 ————

TUESDAY:

Start Digging

Refer to the “Digging Deeper” section in the introduction and start digging.

Have you learned anything new today?

[illegible]

How could this chapter change your outlook on life and the struggles you are facing?

[illegible]

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

—— PHILIPPIANS 4:4 ——

Philippians 4:1-9

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:7

WEDNESDAY

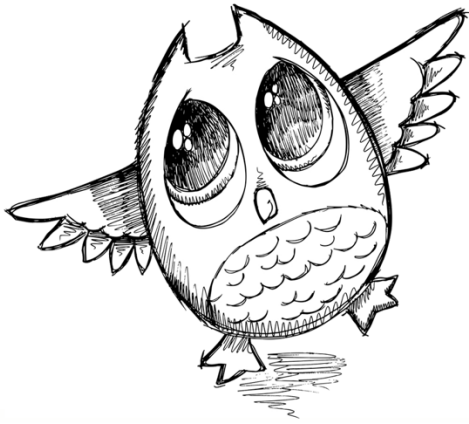
Read Philippians 4:1-9

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THURSDAY:

Start Digging

Refer to the “Digging Deeper” section in the introduction and start digging.

Have you learned anything new today?

Paul encourages us to grow in faith by praising God and rejoicing at all times.

Finish these sentences and refer back to them anytime you’re discouraged:

I can rejoice because _____

I can rejoice because _____

I can rejoice because _____

I can rejoice because _____

I can rejoice because _____

I can rejoice because _____

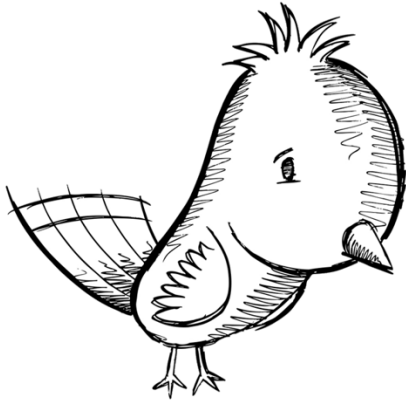
I can rejoice because _____

I can rejoice because _____

I can rejoice because _____

Quiet Your Heart

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Rejoice IN THE LORD ALWAYS:
AND AGAIN I SAY, *Rejoice*.

—— PHILIPPIANS 4:4 ——

Philippians 4:10-23

I can do all things through Christ which strengtheneth me.

Philippians 4:13

FRIDAY

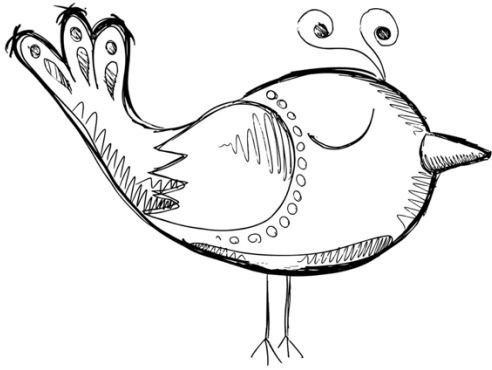
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SATURDAY:

Start Digging

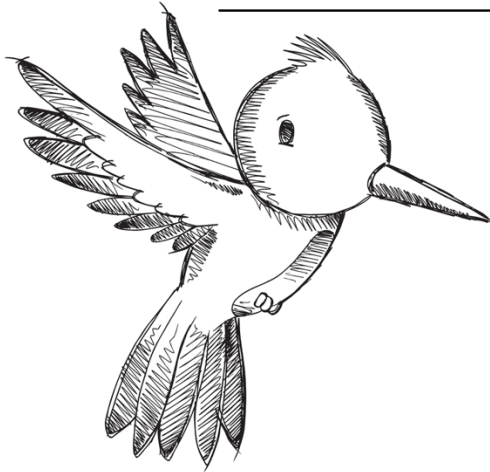
Refer to the “Digging Deeper” section in the introduction and start digging.

Have you learned anything new today?

In what ways does Christ strengthen you?

Quiet Your Heart

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