

# *Philippians*



*“Rejoicing in Christ”*

*Ed Blankenship and Mark Heeren*

**“Rejoice in the Lord always.  
I will say it again: Rejoice!”  
Philippians 4:4**

***We’re all to have happy attitudes***

***But “always”? Come on!***

We can when our joy is in Christ! No matter what the pain, what the sorrow, what the difficulty, if our joy is in Christ, it never has to change. In fact Christ is so key to our joy that the apostle Paul says in Philippians 3:8 that, “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...” You see he had learned that nothing is more vital to joy than Jesus.

In this study you’ll learn practical principles of having and keeping your joy. You’ll learn how to use God’s Word to help develop that joy. And you will also learn how to spend daily time with the Lord, one of the best things you can do to maintain that joy!

So come on, get a better attitude. Let your life really sing...in Him!



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# *Philippians*

*Rejoicing in Christ...*

*A Spiritual Journey*

# *Dedication*

**To Children and Grandchildren everywhere!**  
They show us what it really means to rejoice and be happy. And they have that simple (yet profound) child-like faith that we all need. Jesus commends them and so do we! **May we all follow their example as we “Rejoice in Christ”!**

## Some Studies in *The Transformation Series*

- *Reflections* – Spending Time With God
- *Excavations* – Digging Deep Into God’s Word
- *Meditations* – Becoming a Person After God’s Own Heart
- *Directions* – Moving Others Towards Christ
- *Marriage and Family* – Living and Leaving a Legacy
- *Finances* – More Than Making Ends Meet
- *2<sup>nd</sup> Timothy* – Sharing Spiritual Truth

And a three-month stand-alone journal entitled *Life’s Log Book – Recording Your Time with God*

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# *Intro to the Bible and Prayer*

The Bible actually consists of numerous individual "books". The table of contents in your Bible should be used to help you locate the individual "books" of the Bible. Note that some book titles are very similar, such as the book of John, the book of 1 John, the book of 2 John, and finally the book of 3 John. If a particular verse you look up doesn't make sense in regards to a question, you may be in the wrong Bible book! The references to Bible passages in this study are in the traditional manner - by book, chapter, and verse. John 3:16 refers to the book of John, chapter 3, verse 16.

It is helpful to have a separate Bible for Bible study in addition to the paperback Bible or New Testament used for your Quiet Time. Bibles are available in any book, department, or discount store. There are major differences in the language used by different versions of the Bible sold today. Some versions (e.g. the King James Version) were translated in the 1600s and use old English. Others use modern English. Make sure you use one you understand.

It is important for every Christian to read their Bible regularly. The New Testament is an excellent place to start reading. Use the chart near the back of this study to keep track of your reading in the New Testament. This chart lists every book of the New Testament and every chapter number. Put an "X" through the chapter numbers as you read them.

Many Christians use prayer lists to be more consistent in their prayer life. In the back you will find several prayer pages that have a column for specific prayer requests and another for God's answers. Remember that God can answer in 3 ways – Yes, No, or Wait. If he answers No or Wait, he is not trying to be mean, but knows that this isn't either the best thing or not the right time! Keep praying, be specific, and be consistent in your prayers and God will bless you with many wonderful answers to prayer! (Colossians 4:2)

## *Purpose of this Study and Suggested Use*

Most Christians never study the Word of God. Yet the Bible is the most wonderful book there is! Jesus, when tempted by Satan said that it is to be what we live by. But how can we if we don't know it. Jeremiah 15:16 says, "Thy words were found and I did eat them, and they words became to me the joy and delight of my heart." Only as we get into the Word does it become real to us. Deuteronomy 29:29 says, "The secret things belong to the Lord our God, but the things that are revealed belong to us and to our children forever, that we may do them." That is the purpose of Bible study, to help unlock those secrets. And then to see our life changed.

One way we should have a changed life is in our attitudes. Philippians is one of those Bible books that really help us in this area. The entire book is filled with attitude-changers: "Rejoice always", "Have no anxiety", "I can do all things", "To me to live is Christ, To die is gain", among others. But attitude-change is hard. It's impossible really, apart from Christ. So in this study of Philippians you'll see how to rely on Jesus to change your attitude. And you'll also learn some practices that will help. Such as memorizing and claiming Scripture, praying Scripture for yourself and others, and learning to look at things from a more positive manner.

In this study we also will have a daily Quiet Time with God and share thoughts from those times with God during our group time each week. We also have a Goals page which allows us to tailor the study to meet our own needs. The purpose of this is to include some accountability which we all need, to insure that the concepts we learn we also practice.

The purpose behind all this is not to fill out blanks on a sheet, nor is it even to achieve certain goals, but to study His Word weekly and to meet with God on a daily basis as often

as we can. When we do that, He'll change our lives. That is our prayer for you as you begin this journey into His Word!

## *For the Small Group Leader*

Thanks for leading this study in your small group! Prayer is the number one thing you need to do for the group, praying for individuals as God leads you to pray. Also, spend time with them outside of the study so you get to know them better. But also set the pace, doing your study ahead of time. This is also important as far as the Quiet Time is concerned. In week 1 you will share what your personal devotions have meant to you. Even if you have had a Quiet Time regularly, we encourage you to do the practice one in week 1 ahead of time and use the Journal Pages for 2 weeks to personally see the benefits before you teach it in your group.

When leading the studies go through it question by question, initially asking individuals to read the question and the verse. Then get several answers before going on to the next question and repeating the process. After a week or two, expect most everyone to have done their homework and so only read a question or the Scripture in rare instances to emphasize a point. Most of the time, just get several answers. Just say, "That's great! Thanks. What did someone else get for that question?" Don't forget that you are a member of the group too and should share occasionally.

Each week, there is material that is to be read. It is best if this is read aloud by group members (rather than by the leader), going around the room and letting each person read a paragraph aloud, in sequence. This allows even the quiet person to hear his or her voice in the group and participate.

Each week group members will be sharing something they have written down on their Journal. This is not to be rushed.

In week 1, during the practice session have everyone share as time permits. In subsequent weeks, ask for volunteers, and encourage them in what they have written down. Try to allow for all to share, including yourself, even going first at times. Note that it is recommended that members choose their own book in the Bible to read rather than assigning specific devotional readings. This allows for better sharing.

Encourage members to get a paperback New Testament or Bible for their Quiet Times so they will feel free to mark in it. They will want a different Bible for their Bible study and should also be encouraged to get some Bible reference books.

The Goals Page is meant to be a measure of accountability to help encourage members to complete the assignments and have regular Quiet Times. Allow time for people to share their accomplished goals and get them initialed off weekly. As the leader you may want to add a note of encouragement!

**Since memorizing Scripture and praying and reflecting on them is an excellent way to increase our joy there is a list of verses given in an Appendix. Each member should pick a topic or two and memorize three to five verses during these seven weeks. As leader you should set the pace by memorizing at least one verse prior to week two. Sharing how memorized Scripture has helped your life will be a positive example to your group.**

### **Reviewing Verses During Your Group Time**

**When people review verses in your group have them break into pairs, then first look over their own verse cards, and then trade cards. One person should say his (or her) verse(s) from memory while the other person listens giving help if asked. Then the other person says their verse(s) from memory. The goal is to say each verse word perfect before going on.**

# **WEEK 1**

**Get acquainted and Open in prayer**

**Read & complete together the material on Intro to Philippians**

**Read about Before We Begin**

**Leader share about his or her Quiet Time**

**Read the material on Personal Time With God**

**Practice having a Quiet Time**

**Share practice Quiet Time writings**

**Close in Prayer**

**Discuss assignment for next week**

## **Intro to Philippians (and verses 1:1-2)**

The book of Philippians is a book of encouragement, of having a proper attitude in Christ, of being a positive person. It is also a book to encourage us to endure persecution, to be humble, and to be unified. The central person in Philippians is Christ. He is the reason we should have a positive attitude. Because of all He has done for us we can rejoice, we can endure, we can trust, and we can pray. During these seven weeks we will not only study the book of Philippians, but also (and even more importantly) seek to apply it to our lives. As the things that need to be applied from this book are often attitude changes, we ask that you start by going into this book with the right attitude: 1) Be expectant that God will talk to you from His Word, 2) Remember that He is faithful and will work in your life if you ask Him, and 3) Look forward to the changes that God will bring into your life as a result of this book! God bless you as you study Philippians. Here is an outline of the book:

- **Introduction** (Read Philippians 1:1-2 and fill in blanks)
  - **From:** \_\_\_\_\_, servants of Christ
  - **To:** \_\_\_\_\_
  - \_\_\_\_\_ **and** \_\_\_\_\_ from God

- **Week 2** - Hold People in your Heart - Phil 1:3-11
- **Week 3** - Be Positive amidst Hardship – Phil 1:12-30
- **Week 4** - Have Christ's Attitudes – Phil 2
- **Week 5** - Lose Everything for Him – Phil 3
- **Week 6** - Choose Joy – Joy in Attitude! – Phil 4:1-8
- **Week 7** - Choose Joy – Joy in Action! – Phil 4:9-23

## **Before We Begin**

**What is it that drives you?** Is it money, or family, or time with friends? Nothing wrong with any of these, but when those things (even our family) become all we focus on, we're in for trouble. If it's those things that motivate us, those things will change. Our money situation will go up and down, our friends will come and go, and even our family doesn't always hold the draw we would like it to have in our life. **But then there's Christ!**

**It's been said that either Jesus Christ is Lord of all, or He's not Lord at all.** He made the heavens and the earth. Everything that exists. Hebrews 1:2 says, "but in these last days he has spoken to us by his Son, whom he appointed heir of all things, and through whom he made the universe." He could say, "Begone", and the whole world would disappear. Everything obeys Him! All except for people that is.

**You see He made each of us too, but He allows us the privilege of choice.** We can choose to obey Him or not. We can put our own desires and wants over His. Most non-believers do this. Unfortunately many Christians do this too! Luke 6:46 says, "Why do you call me, 'Lord, Lord,' and do not do what I say?"

**This is foolish, really. God knows best.** He has the best plan for our life. He can help in any decision-making. But Christ is a gentleman. He won't push His way to the

front of our priorities. The Bible says if we put our own wants, our own desires ahead of Him, we'll miss out in life. Only His way truly satisfies.

**What should we do? Let Him have control.** Turn over your life fully to Him – your marriage, money, time, your talents! Invite Him into your heart and let him have first place in all those areas and in your whole life as well. As Colossians 1:18 says, “And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.”

**For example**, if He's first in your marriage He'll make your relationship with your spouse all it can be! If He's first in your time you'll get to the end of your life with no regrets. If He's first in your money you'll see His bountiful heaven open for you. He'll pour down a blessing so big you won't be able to take it all in. Seek first His kingdom and righteousness and all these shall be yours too!

The book of Philippians will help us learn ways to develop proper attitudes. And foundational to this is meeting with God personally. Let's start by learning how to do that daily!

## *Personal Time With God*

Walking with God is foundational to our life. God wants us to grow in our knowledge and love for Him each day. But how does a believer do this? The answer is simple - "Draw near to God and He will draw near to you." James 4:8a. "Drawing near to God" involves daily meeting Him, talking with Him, and He with you. As we do this, we begin to build a deeper and deeper relationship with Him, the most important relationship of all.

One key habit that can help build this deeper relationship with God is having a daily “quiet time”, or a daily “devotional” as it is sometimes called. This is a time of Bible reading and prayer where you quiet your heart before God and listen to Him through His Word and then also commune (or talk) with Him in prayer. It doesn’t have to be long, maybe just 5 to 10 minutes at first, but it is a time you will soon find grows and means more and more to you each day!

## **WHY HAVE A DAILY QUIET TIME?**

**First, God desires to meet with you daily!** He died on the cross to make that a possibility. Each and every day, He is interested in your life, and having a daily quiet time is a wonderful way to commune with Christ. (Zephaniah 3:17)

**Secondly, you need a daily quiet time.** By doing so, you will get to know Jesus better. It will enrich your day. God will use it for cleansing and to guide you in everyday decisions. It will help in all areas of life. (Luke 10:38-42)

**Third, it will give you something to share with others.** A passage you read today may be just what someone else needs to hear. Keeping a journal is an excellent way to have those thoughts from God available to you for others' needs. (See 1 John 1:3)

## **HOW TO HAVE A DAILY QUIET TIME.**

While there are many ways to have a quiet time with God, here is one that can often work best to get you started.

1. Find a quiet place, apart from distractions, where you can be alone. Many find the morning to be the best time.

2. Pray, telling God you love Him, and ask for wisdom and for Him to speak to your heart. Thank Him, and confess any sin you know of.

3. Read a passage in the Bible. Start with a chapter, perhaps in the New Testament, particularly if the quiet time is a new concept. As you read, underline verses that stand out to you. Many people prefer a paperback Bible for their quiet time so they feel "more free" to underline.

4. When completed reading, go back and review the verses you underlined. Pick one underlined verse that impresses you. Fill out a journal entry on it. For the appropriate day, write down in a journal what you read in the Bible, what verse stood out to you the most, what that verse said (paraphrase it or put down what it said verbatim), how it impressed you, and your response.

An example of underlining from Philippians 1: "21. For to me, to live is Christ and to die is gain. 22. 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! 23. I am torn between the two: I desire to depart and be with Christ, which is better by far; 24. but it is more necessary for you that I remain in the body. 25. 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, 26. so that through my being with you again your joy in Christ Jesus will overflow on account of me."

◊ **Monday:** Date: 12/4/09 What I read: Phillipians 1:21-26 Best Verse: 25

What it said: Paul lived so he can help others grow and experience the joy of salvation.

How it impressed me: He was focused on helping people grow more mature in their faith.

My response: Lord, help me (and use me) to help others grow and experience You daily!

5. After completing your journal entry, talk to God in prayer about this verse, how it impacts you, and how you want to respond as a result of it. Then go on to pray about other items from your daily prayer list(s).

# Practice Having a Quiet Time

**Read and mark the passage that corresponds with your birthday, then fill out the practice journal entry that follows:**

## **Birthday is January 1 – March 31**

**Psalms 1** - 1. Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2. But his delight is in the law of the LORD, and on his law he meditates day and night. 3. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. 4. Not so the wicked! They are like chaff that the wind blows away. 5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6. For the LORD watches over the way of the righteous, but the way of the wicked will perish. (NIV)

## **Birthday is April 1 – June 30**

**Psalms 23** - 1. The LORD is my shepherd, I shall not be in want. 2. He makes me lie down in green pastures, he leads me beside quiet waters, 3. he restores my soul. He guides me in paths of righteousness for his name's sake. 4. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. (NIV)

## **Practice Journal Entry**

◊ **Today:** Date: \_\_\_\_\_ What I read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_  
\_\_\_\_\_

How it impressed me: \_\_\_\_\_  
\_\_\_\_\_

My response: \_\_\_\_\_

**Read and mark the passage that corresponds with your birthday, then fill out the sample journal entry that follows:**

### **Birthday is July 1 – September 30**

#### **1 Thessalonians 1**

1. Paul, Silas and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace and peace to you. 2. We always thank God for all of you, mentioning you in our prayers. 3. We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ. 4. For we know, brothers loved by God, that he has chosen you, 5. because our gospel came to you not simply with words, but also with power, with the Holy Spirit and with deep conviction. You know how we lived among you for your sake. 6. You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit. 7. And so you became a model to all the believers in Macedonia and Achaia. 8. The Lord's message rang out from you not only in Macedonia and Achaia--your faith in God has become known everywhere. Therefore we do not need to say anything about it, 9. for they themselves report what kind of reception you gave us. They tell how you turned to God from idols to serve the living and true God, 10. and to wait for his Son from heaven, whom he raised from the dead--Jesus, who rescues us from the coming wrath. (NIV)

#### **Practice Journal Entry**

◊ **Today:** Date: \_\_\_\_\_ What I read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

**Read and mark the passage that corresponds with your birthday, then fill out the sample journal entry that follows:**

## **Birthday is October 1 – December 31**

### **1 John 1**

1. That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched--this we proclaim concerning the Word of life. 2. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. 3. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4. We write this to make our joy complete. 5. This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. 7. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 8. If we claim to be without sin, we deceive ourselves and the truth is not in us. 9. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 10. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives. (NIV)

### **Practice Journal Entry**

◊ **Today:** Date: \_\_\_\_\_ What I read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_  
\_\_\_\_\_

How it impressed me: \_\_\_\_\_  
\_\_\_\_\_

My response: \_\_\_\_\_

## Assignment for next week

1. Get a paperback Bible or New Testament in a version you prefer and begin reading in it daily wherever you like. You have just read an entire chapter of one of the books of the Bible during our practice time. You may want to continue in the same book by reading the next chapter in that book. The book of John is also a good place to start if the Bible is new to you. (Note that the Bible actually consists of numerous individual "books". Use the table of contents in your Bible or New Testament to find a particular "book".) Each day, underline what stands out to you, pick one underlined verse and complete a journal record. Be ready to share at least one journal entry next week. Most people find it helps to set a specific time and place for your daily quiet time (QT) with God. Many find the morning to be best. You may even need to get up earlier to allow time to meet with God. Do whatever makes success possible. So fill in the blanks below.

My best time for a quiet time (QT) is \_\_\_\_\_

If needed I will get up earlier at \_\_\_\_\_

The place I will have my QT is \_\_\_\_\_

2. Complete the Bible study lesson for next week. This will allow you to share more during the discussion next week. You will also gain more from the lesson.

3. Also look over Praying Using Scripture. This is an excellent way to reach out to others beyond yourself. God will use this to increase your joy as you bring others before Him.

# **WEEK 2**

**Get further acquainted**

**Open in prayer**

**Time for Members to share from their Quiet Times**

**Discuss the lesson, Philippians 1:3-11**

**Discuss Praying Scripture for People**

**Discuss assignment for next week**

## **Lesson 1 - Philippians 1:3-11** **“Hold People in Your Heart”**

**Nothing is more important to God than people. But how about to us? Do we truly hold people in our heart, do we think the best of others, do we pray for others, do we truly love others? Paul addresses all of these in this week’s lesson.**

### **Partner With People 1:3-6**

1. People are so important to God that He sent His Son to die for them, to redeem them from their sins. People should also be important to us. Paul had a special relationship with those he had introduced to Christ. What does Philippians 1:3 say that Paul did?

2. God brings people to our minds during the day too. What types of people (and who specifically) do you think about during the day?

What could you pray for one of them?

3. One reason Paul prayed was because the Philippians were partnering with him in ministry. (See verse 1:5.) How might we partner with another in ministry?

4. How did Paul pray for those people? (Philippians 1:3-4)

5. Paul was so confident in his prayers that what was he able to say about those he prayed for? (Philippians 1:6)

**Paul prayed for people whenever they came to mind. He thanked God for them and rejoiced over them too. We too can (and should) pray for those God brings to our mind during the day. Our family, our friends, our government, our military, our boss and co-workers, whoever it might be! We can be confident He will work in their lives.**

### **Love People 1:7-8**

6. Paul didn't just pray for the Philippians, he cared for them too. What does the first part of Philippians 1:7 (1:7a) say about this?

7. Why do you think Paul felt this way? See Philippians 1:7b.

8. What does Paul say is the ultimate source of his love for others? Philippians 1:8

9. How would you describe the love of Christ?

10. What would it take for your love for others to be like that?

**Paul had a special place in his heart for the Philippians. He led them to Christ. They were Brothers and Sisters in Christ. His love was deep and tender and compassionate like Christ. That should be our goal too, to make our love for others total, sacrificial, compassionate, forgiving... We should let Jesus love others through us!**

### **Pray for People 1:9-11**

11. Paul didn't just think about loving them, he also prayed fervently for them. What are some of the things Paul prayed for the Philippians? (Philippians 1:9-11)

(Note: For the fruit of the Spirit see Galatians 5:22-23.)

**Paul didn't just pray that God would "bless" the Philippians, he prayed specific things for them. That they would overflow in love. That they would grow spiritually. That they would have spiritual knowledge and understanding. That they would have proper priorities. That they would be pure. That they would bear spiritual fruit. That they would have righteous character that would bring glory to God. We too should pray these for others as God brings them to mind.**

## **PRAYING FOR OTHERS USING SCRIPTURE**

Philippians 1:9-11 isn't the only place in Scripture where specific prayers are given. Many of the letters have prayers in them. 1 John 5:14-15 says that God answers prayers when

they are according to His will. Praying for others using Scripture is an excellent way to pray in His will. But let's start by looking more into praying Philippians 1:9-11.

**Philippians 1:9-11** says, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."

Reflecting on this verse, when Philippians 1:9 says, "your love will overflow more and more", I can in confidence pray, "Lord, please help my daughter's love just overflow to those around her. Help her be an example of Your love." And when it goes on to say, "that you will keep on growing in knowledge and understanding", I can pray in confidence, "God, please help my son grow in his understanding and knowledge of Your Word. Let it flow into his heart, mind, and life." And when it says in Philippians 1:10, "That you may live pure and blameless lives", I can pray, "Father, help the teens, singles, and others in our small group to be pure and blameless before You, and to not get into anything that would lead them astray." Praying like this adds power to our prayers as Isaiah 55:10-11 and Hebrews 4:12 says God's Word is powerful and not only changes people's lives, but accomplishes what it says.

But where are other prayers in the Bible? Often these types of prayers are in the first chapters of the letters in the New Testament. (Note "letters" are the smaller books in the New Testament.) In addition to Philippians 1:9-11 some other prayers in the New Testament are:

**Ephesians 1:15-19** For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints, I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God

of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength,

**2 Thessalonians 1:3-4** We ought always to thank God for you, brothers, and rightly so, because your faith is growing more and more, and the love every one of you has for each other is increasing. Therefore, among God's churches we boast about your perseverance and faith in all the persecutions and trials you are enduring.

**Philemon verses 4-7** I always thank my God as I remember you in my prayers, because I hear about your faith in the Lord Jesus and your love for all the saints. I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ. Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints.

**Some other prayers of Paul are in:**

**1 Corinthians 1:4-9**

**Colossians 1:3-12**

**1 Thessalonians 1:2-10**

**2 Timothy 1:3-8**

**1 John 2:1-6**

In addition to Paul's prayers you can also pray any Bible promise for others. See the website <http://www.bible-promise.com/>?Promises for promises that you can pray.

**Look back over this article and pick a verse to pray.**

The passage I will pray is \_\_\_\_\_.

I am going to pray it for these individuals: \_\_\_\_\_.

**Pray this verse on your own during the week for these people. But also pray it right now during your group time.**

Work to build this type of prayer (praying Scripture) into your prayer life. Remember that you can pray other Scripture as well for people, not just these listed here. Be on the lookout for Scripture you can pray for others. Write them in your journal and memorize some of them so you can even pray this way without your Bible. Hints on memorizing God's Word are in the back of this study. Praying like this can really spice up your prayer life. Do it often!

### **Assignment for next week**

1. Continue your Bible reading and marking in your daily Quiet Time. Continue to record your daily journal entries and come prepared to share at least one entry from your journal next week.
2. Complete the lesson for next week. Completing the lesson ahead of time will give you more to share next week. And you'll also get much more out of the lesson. Also look over What You Focus On.
3. Pray Scripture for yourself and for others. Pick some verses and pray these for yourself and for those you love and for those in need. Consider memorizing one of them. See who God brings into your life this week. Pray for them too.

# **WEEK 3**

## **Open in prayer**

**Optional: Share memory verses (page 7 tells how)**

**Time for Members to share from their Quiet Times**

**Discuss the Bible Lesson and What You Focus On**

**Read the material on Setting Goals**

**Discuss assignment for next week**

**Leader share how memorized verses have helped**

**Close in Prayer**

## **Lesson 2**

### **Be Positive amidst Hardship - Philippians 1:12-30**

**In the first part of Philippians chapter 1 we learned that Paul partnered with others in ministry and that God gave him a love for people that resulted in prayer for them. In the rest of the first chapter we'll see that even in hardship we can be joyful and as a result Christ can be manifest in our lives.**

#### **Paul's Joy that Jesus is Preached**

**1. Paul is in prison, yet how does he assess his situation? (Philippians 1:12)**

**2. As a result what has happened: (Philippians 1:13-14)  
To the unsaved (including the palace guard)?**

**To Christians?**

**3. Paul then talks about others preaching Christ. What are the different motives some have? (Philippians 1:15-18)**

4. Ultimately, what does Paul sense is really important? (Philippians 1:18)

**Hardships come. Often they come more as we live for Him. Yet God will use these hardships in our life and in the lives of others.**

### **Paul's Life for Christ**

5. What does Paul know will lead to his deliverance from prison? (Philippians 1:19)

While most of us we don't need deliverance from prison, we all have things that "trip us up" that we need deliverance from. What could you ask Jesus for deliverance from?

(Spend some time praying now for this.)

Also consider 1 Corinthians 10:13, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." How does this encourage you about any issues you might have?

6. Regardless of whether he gets released or not, what does Paul want to see in his life...or his death? (Philippians 1:20)

7. What ways can we "exalt" Christ in our lives today?

8. While Paul would personally have preferred to die and be with Christ, what does he say would be the best thing? Why? (Philippians 1:21-24)

9. So what does God intend for Paul's life? (Philippians 1:25-26)

10. Each of us can impact others by our life (actually Christ does it through us). What do some others passages in the New Testament say we should do with our lives? (See Matthew 5:16 and Galatians 6:9-10)

11. Paul then ends this chapter starting in Philippians 1:27-28 with some encouragement and a plan for dealing with tough issues.

- Conduct yourself in a manner worthy of Christ.
- Stand firm in one spirit with others (i.e., don't go it alone).
- Work for the sake of Christ.
- Don't be frightened (or sad).

These are things we all need to do. What hardships (or issues) are you facing (or dealing with) now?

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Plan to follow this approach in regards to this. What specifically could you do?

- a) To conduct yourself in a manner worthy of Christ in this issue?
- b) To stand firm in one spirit with others in regard to this issue?
- c) To work for the sake of Christ in this issue?
- d) To not be frightened (or sad) in regard to this issue?

12. Finally, Paul acknowledges that the Christian life will not always be easy. What can we count on as Christians? (Philippians 1:29)

13. What do you think might be the ultimate cause of some of Paul's struggles? (Reflect on Philippians 1:30 and also consider Romans 7:20-26)

14. What sins do you keep struggling with? \_\_\_\_\_  
Consider 1 Corinthians 10:13 and Psalm 119:9 and 11. What do they say will help you have victory over sin in your life?

**Yes, we struggle on this earth. But God helps us through His Spirit. Our part is to trust in Him and then to also help others. Getting with like-minded believers is a good idea too!**

## **What are you Focusing On?**

In the book of 1<sup>st</sup> Kings there is a most unusual story. The prophet Elijah had just seen God defeat the prophets of Baal, and King Ahab tells his wife Jezebel about it. She is furious and puts out a contract on Elijah to kill him. He flees for his life. God then takes him on a journey away from Jezebel and her "hit-men" that takes over forty days and forty nights. Afterwards he is exhausted - mentally, physically, and spiritually. He felt utterly alone. Finally, God shows him a cave to rest in, on a mountain. After a night's sleep God speaks to Elijah to encourage him and tells him to go outside as He will be passing by. 1<sup>st</sup> Kings 19:11-13 tells what happened next: "Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?” So God did not talk to Elijah in the wind. He did not talk to him in the earthquake. He didn’t talk to him in the fire. But He did talk to him in the gentle whisper.

The King James Version calls it a “still small voice”. We too need to hear the still small voice or gentle whisper of God. But in today’s world, our activity can crowd out that gentle whisper of God. It’s there, but we’re too busy and too many things mask it. We lose focus of it. What do we do?

Jesus gives us part of the answer. In Mark 1:35 we see, “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Jesus knew that His day was busy. There were people to talk to, others to heal, enemies asking questions and demanding answers. But before He did all that He got alone with the Father. Why? So He could hear the Father’s voice before the events of the day would crowd it out!

Part of the problem is we talk too much. You can really see this in marriage. Most husbands want to give answers and solve problems, but most wives want their husbands to just listen. That’s true with God also. He wants us to listen to Him. You see it also with kids. They keep asking for this and for that, and all that talk makes it hard to even think sometimes. We need to just listen.

One way to listen to God is to focus on His Word. God speaks through His Word to us more than any other way. So we need to meditate on them. Jeremiah 15:16 says, “When your words came, I ate them; they were my joy and my heart’s delight.” When we eat the Word - put it into our lives, it becomes our delight. Because His Word is life!

Jesus also spent forty days alone and afterwards Satan tempted Him. Jesus said, “Man shall not live on bread alone, but on every word that comes from the mouth of God.” God’s Word gives life because He speaks through it!

So how do we get some solitude to focus on God? A good way to start is to have a daily Quiet Time or devotional in the Word and prayer. Another way is to memorize some key Scriptures and then meditate on them.

In this study we will memorize three to five verses and then reflect (meditate) on them. See the last page in this study for help on memorizing and the Appendix for a list of verses to choose from. Look over the list and decide what topic(s) you would like to memorize from. Then look up the references and choose some verses. Write them on a 3x5 card and begin memorizing one this week. And as you review (go over the verse in your mind) look for God to speak to your heart. Focus on God. And then hear Him “whisper” to you!

## **Setting Goals**

We set goals in many areas of life. It may be to get a new job, to save for a down payment on a house, to start a family, to lose 10 pounds, to start college, etc. It is often helpful to set goals in the Christian life as well. During this study we have made it a priority to have daily Quiet Times, to read the Bible, to do Bible study, and regularly attend small group. Hebrews 10:24 says, “And let us consider how to stir up one another to love and good works.” And Proverbs 27:17 says, “Iron sharpens iron and one person sharpens another.” We want to be an encouragement and help to each other. Part of that is to set some goals and help each other achieve them.

In the back of this study there is a page you can use to set spiritual goals for this quarter, semester, or some other period. A Quiet Time goal is already given of 7 consecutive days. Note that it may take several attempts to get 7 days in

a row, but that is OK, for as you continue to try and eventually succeed your walk with God will be greatly strengthened. In future journals you may want to increase the number of consecutive days as experience has shown it takes 21 days to form a new habit. So moving up to 14 and eventually 21 consecutive days can help build this habit into your walk with God for a lifetime. Just remember that the ultimate goal is spending time with God, not some legalistic number of days. Put forth effort to accomplish these goals and be encouraged as you see God work. This will strengthen your faith and growth in the Lord.

Another goal is to memorize three to five verses. Ideas are given in the Appendix. Look over this list and choose several verses, write them out on 3x5 cards and learn them a phrase at a time. Your goal should be to say each one from memory and also to review them for seven days. You can indicate this by checking the small diamond on your journal pages.

You may also want to set other goals for your life as well. Another goal you might have could be to read certain books of the New Testament, or even the entire New Testament. It could be to complete all the questions in the Bible study lessons or to memorize a verse from each of the studies. It could also be to spend more time with your spouse or a child. Another goal could be to exercise regularly or to increase your giving to the Lord and His work. It is sometimes good to set long-term goals, but to begin we recommend setting goals you can achieve in one to three months. This helps make your goals more achievable and help build on success. As Proverbs 13:19 says, “A desire accomplished is sweet to the soul.” During the rest of this study we will be weekly sharing progress towards meeting our goals. Prayerfully consider what goals you should set and work towards achieving them. Remember, goals are not an end in themselves, but are an aid to help each of us grow to spiritual maturity.

## Assignment for next week

1. Continue your Bible reading and marking in your daily Quiet Time (or “QT”). Continue to record your daily journal entries and come prepared to share at least one entry from your journal next week.
2. Complete the lesson for next week. Come prepared to share and join in the discussion. Share insights and write down observations from others in your group. Remember, the more you put into your study, the more you will get out of it. As 2 Timothy 2:15 says “Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth.”
3. Continue to pray some using Scripture. Also, choose some verses to memorize. Write them on 3x5 cards and bring them with you next week. Begin committing them to your heart and mind. (Ask your leader how memorized Scripture has helped him or her.) Next week we’ll break into pairs and each person share a verse from memory. Bring your card(s) each week so the other person can look at them and help you if you get off track. We will take time for each of us to look at the card and review our verse(s) first before we attempt to say it from memory to someone else. But we’ll have to have a verse memorized first in order to effectively do that. Take your cards with you daily and use spare moments to review. Start learning one verse. And don’t forget to bring your card(s) with you next week. Plan to succeed in memorizing Scripture. Be a “team player”! God will bless as we memorize His Word.
4. Look over the Goals page in the back of this study and prayerfully consider what other goals God might have you set for your Christian life and ministry for this quarter or semester. Come prepared to share next week any you’ve written down.

# **WEEK 4**

## **Open in prayer**

**Review memory verses in pairs (see page 7 for How)**

**Time for Members to share from their QT Journal**

**Share Goals you have set for yourself**

**Discuss the Lesson**

**Discuss Why Memorize Scripture**

**Discuss assignment for next week**

**Close in Prayer**

## **Lesson 3 Have Christ's Attitude Philippians 2**

**In chapter two of Philippians we will learn that our attitude needs to be that of Jesus. That being like that totally changes our life – our thought, our actions, and our heart. So let's see what it means to have an attitude like Christ.**

**If, Then... (Some versions use “Is there, Then...”)**

1. Philippians chapter 2 starts out with various If, Then statements. If we do this, Then we can do that. What are the first four If statements? Philippians 2:1

If...

If...

If...

If...

2. Then what does Paul follow-up this with? What are we supposed to do if we have these four things in our life? Philippians 2:2

Then...

3. He then follows up with a good principle for relationships. What is it? Philippians 2:3-4

4. How do you think your life would be different if you always did this?

**IF Christ has touched your heart, (i.e. you are encouraged, you are comforted, you experience deep fellowship, tenderness and compassion) THEN BE like Him (like-minded, the same love, one in spirit, one in mind)! And THEN put others first, above yourself. Think of their interests even before your own!**

### **Christ**

5. Paul then says our attitude should be the same as whose? Philippians 2:5

6. What is He like? Philippians 2:6-11. (Note: This passage is thought to be possibly an early Christian hymn.)

7. Look back over this list about Jesus. What main principle could you draw for your life?

8. How do the things said about Jesus affect your view of Him?

9. Some people say they never want anything to do with God or Christ. What does Philippians 2:10-11 say will once happen, however?

**Our attitude should be like that of Jesus Christ. He was God, yet emptied Himself and become obedient to death – for us! As a result He is elevated above all! In fact, all will someday bow to Him and all will one day proclaim He is Lord.**

### **Shine**

10. Verse 12 starts out in the New International Version with the word “therefore”. It’s been said, when you see a “therefore”, find out what it’s “there for”. In this case, it’s there to point us back to what Jesus did and who He is. Because of Him we should be obedient. What specifically does Paul say in Philippians 2:12-13?

11. What else are we supposed to do? Philippians 2:14-16

12. What do you think Paul is alluding to in Philippians 2:17-18?

**Yes, God is working in us, molding us into the likeness of Christ. As a result we shouldn’t be arguing as many do. Instead we should share the joy of Christ to those around us.**

## **Two Examples**

13. Paul then finishes chapter 2 talking about two godly examples – Timothy and Epaphroditus. Write down some character and attitude traits you see. Philippians 2:19-30

**Timothy**

**Epaphroditus**

14. Which of these traits would you like to see in your own life?

Which would God say He'd like to see in you?

**We often learn best by seeing godly examples. Paul tells about two of them here. Timothy and Epaphroditus were two companions of Paul. Timothy cared greatly for others. When Paul sent him it was like sending himself. Epaphroditus was a brother, a fellow-soldier, and a co-worker in the gospel. All things we would love to hear said about ourselves. Not only that, but he risked his very life for the cause of Christ. We should all heed that calling.**

## **Why Memorize Scripture?**

**“But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.”**  
Jesus, John 14:26

**If you memorize God’s Word, He will bring those verses to your mind when you need them! But if they aren’t in your head, He can’t bring them to your mind!**

**Particular verses mean so much and impact your life in such a significant way that it makes sense to commit them to memory so you can carry them with you everywhere!** You can then meditate on those verses anywhere.

**There are numerous reasons to memorize God's Word.**

1) It will give you victory over sin. The author personally saw that in his early days as a Christian. 2) It will also give you daily guidance, and help you focus your thoughts on Him. Basing your decisions on the Word of God and focusing on Christ in our mind and heart are the best foundations ever. 3) It will help you in witnessing and in ministry to others. Having Scripture memorized gives you something to share with others. And remember, the Word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, discerning the thoughts and intentions of the heart. The more Bible you know the more you can be used of God. It will touch your heart and others too! Jesus says that the Holy Spirit will bring to your remembrance all that He has said to you. But if you don't have it in your life, it's harder to bring it back to your remembrance. So we help the Spirit by memorizing His Word!

Think about this, if the Bible is ever banned, the verses we've memorized will be the only ones we'll have. But even now, with Bibles in every book store and home, **there are times during the day when we don't have a Bible with us, or it is impractical to pull them out. So at those times, the verses you've memorized are all that you have at that particular moment.** The Spirit will then use the verses you've memorized in your life and help you to minister to others at any time! God bless as you memorize, review, meditate, and share His Word!

**In the appendix there is a list of verses and topics. Pick out several by the topic, look them up, and then memorize the ones you think would help you most. Write (or print) them on cards in whatever translation you like, and carry them with you. Using spare moments, learn the verses a phrase at a time along with the reference. Then say them to others and review them daily. Meditate on them to change your attitude about what happens in your life.**

## **Assignment for next week**

1. Continue your Bible reading, marking, and recording and complete the Bible study lesson for next week.
2. Work towards achieving one of your goals in this study. If you haven't started yet, choose several verses, write them on 3x5 cards and begin memorizing them. Keep reviewing and learning new memory verses. Carry your cards with you and use spare moments to review. Bring your cards with you next week as we will review them in pairs.

# WEEK 5

**Open in prayer**

**Time for Members to share from their QT Journal**

**Share memory verses in pairs as per page 7**

**Share progress on your Goals**

**Discuss the Lesson**

**Discuss assignment for next week**

**Close in Prayer**

## **LESSON 4 Lose Everything for Him (Philippians 3)**

**Nothing is better than knowing Christ! This lesson tells why this is so important. You'll learn attitudes and actions you'll need to make this a priority in your life.**

### **Knowing Christ (Philippians 3:1-11)**

1. Paul again starts this chapter with the admonition to rejoice. Why does he urge them to do so? Philippians 3:1

How would rejoicing do that?

2. At that time, many Jewish Christians still urged believers to be circumcised. But all who are saved are spiritually “bonded” with Christ. What does Philippians 3:3 say is really important and why?

3. Paul gives a summary of his life before Christ in Philippians 3:4-6. If following the Jewish law made you right before God what would you say about Paul?

4. How does Paul view his former life? Philippians 3:7-8

What does Paul say is most important?

5. God still wants people to be righteous. How can that happen? Philippians 3:9-11

**God wants us to rejoice in the fact that we know Christ. Relying on Him and worshipping in the Spirit brings true joy. Everything else we can do pales in comparison to knowing Him! He is of infinite worth!**

**Keep at it (Philippians 3:12-21)**

6. While saved and made right with God, Paul knows he's not perfect. So what does he do now? Philippians 3:12-14

Dwelling on the past is a “dead-end street”. What things are in your past that you (or Satan) keep bringing up in your life?

We see here we should forget those things. Spend some time asking God to take those things away from your mind and life.

Check \_\_\_\_\_ when you've done so.

What does 1 John 5:14-15 say relating to praying in God's will?

Trust Him. He'll deal with it. Now let it go! If it comes up again, tell Satan that it's already been paid for by Jesus!

7. We should all want to grow and be spiritually mature. But we all aren't there yet, and it's a process for all of us. What does Paul say in Philippians 3:15 that God will do if we aren't mature?

8. What is most important? Philippians 3:16

What would help you progress spiritually the most?

9. Paul believes they should have spiritual mentors. How does he say it in Philippians 3:17?

Who is your spiritual mentor?

Does he or she know that?

Who are you mentoring?

If no one, why not?

10. In contrast to that, some don't really help others very much. In fact what are they called and what is their life like? Philippians 3:18-19

Are there any ways in which you are like that?

11. What makes all the difference in our life and what promises do we get from Philippians 3:20-21?

**Paul knows he's not perfect. But he presses on towards being more and more like Christ every day. We should all grow spiritually. We should pattern our life like Christ and learn from others who are following Him. Don't be selfish, thinking only of yourself. We too should help others grow spiritually. (For more on this see the study on 2<sup>nd</sup>**

**Timothy by Ed Blankenship.) Remember, we're part of God's family and citizens of heaven.**

## **Trusting GOD or Our Bank Account?**

Christians are supposed to trust God, right? Well when I (Ed) started on Staff with The Navigators (also called the Navs) my wife and I knew there would be a significant drop in our income. But fortunately we didn't really know how significant that drop would be! The first year our income dropped 85% from what it had been the year before! That was tough, what with three kids. God definitely used that experience to teach us, however, that we could trust Him. Our income would change significantly from month to month. We never knew what we would be getting. Usually it was much less than what our salary was. We would always open our check wondering if this would be a "Good Month" or not. They weren't all "good months", but God always provided enough. All our needs were met the 12 years we were on staff. We made do with what we had, but saving money was difficult if not impossible, to say the least. We went through the savings we did have. Fortunately, we could trust in God, even if we couldn't trust in our bank account.

Paying bills was always a challenge, but we never went hungry. But one time, my wife came to me and said, "Honey, we don't have any food in our cabinets or in the fridge. What are we to do?" I knew we didn't have any money in the bank, but I didn't know we were also out of food! It was several weeks before we would get another monthly check. We didn't tell the kids as we didn't want to scare them, but we prayed, and asked God to somehow provide.

Later that afternoon, I saw a car pull up in front of our house. Out came two businessmen I knew from Christian Business Men's Association. They had bags of groceries in their arms. They said they had felt prompted to bring these over and wondered if we could use them? I assured them we

could, and thanked them. My wife and I were thrilled. That would make meals for the rest of the month, but the bills would be hard to pay until the check came in. We prayed some more.

That night, one of our donors who regularly sent us a check each month through the Navs called us up and said, “Ed, I don’t want this to offend you, but I was just sitting in my chair and God seemed to tell me that I should give you \$500, over and above what I normally send in. Could you use that? If so, I’ve already given for the month, but there’s no need to send it into the Navs, I’d like to just make it a personal gift to you. I’m wondering if I could bring it over now? Would that be OK?” Well, I regained my voice and said, “Sure that would be OK, and we could sure use it, but I hate for you not to get the tax deduction.” He again said that was no problem. After hanging up my wife and I praised God! Our friend then came over and gave us the check. We thanked Him and the Lord. It provided what we need.

Wow, what a God! He always provides! You can trust Him for anything!

### **Assignment for next week**

1. Continue your Bible reading, marking, and recording. Also complete the Bible study lesson for next week.
2. Work towards achieving one of the goals in the next few weeks. Come prepared to share next week what you’ve seen God do.
3. Keep reviewing and learning your memory verses. Carry your cards with you and use spare moments to learn and review. Bring your cards to group next week.

# WEEK 6

- **Open in prayer**
- **Review all your memorized verses in pairs**
- **Share from your Quiet Time Journal**
- **Share progress on your Goals**
- **Discuss the Lesson**
- **Discuss assignment for next week**
- **Close in Prayer**

## **LESSON 5 Choose Joy! – Joy in Attitude** **Philippians 4:1-8**

**All Christians should be joyful. We should be joyful because Christ is in our life. We should be joyful even in spite of our circumstances. But what if we aren't doing so well? How can you build joy into your life? What is the secret? This lesson shows you how to do so.**

1. Philippians 4 starts with Paul praising the Philippians. What does he say in verse 1?

How could you be a joy and a crown for your pastor and teacher?

2. Paul then goes on to say in verse 2 that two women (Eudia and Syntechē) should be in agreement. How do you think having disagreements shut down our joy?

What is the main thing we can agree on? See 1 Corinthians 15:3-4

3. It's important to note that these two women were not just "pew sitters". Paul said they ministered with him and others in sharing the gospel. Why do you think Satan wants to cause disharmony among workers in the church?

So when we have disagreements, who do you really think we are serving?

4. Paul gives a wonderful statement in Philippians 4:4. What is it?

5. We don't always feel joyful however. Our circumstances affect us. But what is the secret of joy according to verse 4?

What does it mean to rejoice in the Lord, and how can you do that?

6. Paul also gives another admonition to be considerate (gentle) in all you do in verse 5. Can you think of some areas you need to be more considerate?

7. One thing that can attack our joy is worry. What does Paul say we should do instead? Philippians 4:6

8. Philippians 4:6 says we should pray about everything. This includes big things and little things. Think hard. What are some of the biggest things you can think of that you could pray about?

What are some of the small things you can think of that you can pray for?

God is concerned about both of these.

Check here        when you have prayed for these.

9. What does Philippians 4:7 say will happen when we pray instead of worrying?

10. What do you think it means that God's peace will guard your heart and mind?

Why does prayer do this, do you think?

Hint: Check out these promises - John 16:24, 1 John 5:14-15.

11. One other key to having an attitude of joy is what our thoughts focus on. What does Philippians 4:8 say we should think about?

Where would we get these kinds of thoughts?

Hint: God's Word is an excellent way to get good thoughts.

**We need to choose joy! God gives us people as part of our joy and we should be the joy and crown of our pastor and teachers by following God. We should not be disagreeable, for it saps our joy. Then how do we do it? We can rejoice always in Him! If we worry, then we should pray. If we grumble, then we should thank God instead. If we doubt then we need to ask Him to increase our faith. His peace will keep**

**us centered in Him. Then we can focus our thoughts on the good all around us!**

## **“4:8 Thinking” - A Formula for Joy**

Do you think there is a formula for joy? What if there was something we could follow to maintain a joyful attitude? Is that even possible in today's fast-paced, high-stress society? Many would say it's not possible. But consider what God says in 1 Thessalonians 5:16: “Rejoice always!” The Amplified version calls this being “glad-hearted”. God wouldn't tell us to do something that isn't possible, would He? There may be someone that comes to your mind when you think of being “glad-hearted.” Sadly, though, many people spend a lot of time being unhappy. In fact, I suspect that most of us struggle from time to time with circumstances and emotions that rob us of joy. We can all certainly point to examples in our own lives.

God may bless us with a wonderful spouse and children, but we can easily get focused on little things they might do that we don't like. I (Mark) am a planner by nature and I like to know what's going on; and as a husband and dad, I feel responsible. As you might imagine, things don't always go according to plan and I can get irritated, frustrated, or discouraged. For example, sometimes I find out about a party or an event just before I'm needed to drive somebody to it. Or a sudden crisis can arise when homework assigned weeks before comes due and necessary materials aren't available or the printer isn't working. Of course, these things tend to happen at inconvenient times, like late at night when I need to go to bed or, if it's a bigger effort, like a science project, it usually seems it has to be done during the time I am working on our annual tax returns. Then there are the every-day frustrations, like coming home from work to find kids' rooms a mess and daily chores undone and the boys

playing video games or watching television, or finding out I forgot to buy shaving cream when it's 5 AM! Of course, we all experience unhappy things and negative feelings at times. But what if we kept our focus on the positive aspects, like making a game out of how quickly we can leave the house, or the time we get to spend together on the way to a school function or working together on the science project (and taking a break from taxes), or finding a long-lost item while helping the boys clean their rooms, or deciding that today is the perfect day to start growing a beard and save on shaving cream? If I dwell on those things, how much more joy would fill my days!

I recognize that letting my focus drift from positive to negative things decreases the positive thoughts I have and increases the negative ones. Another example of that is the good job God has blessed me with. It gives me a great deal of satisfaction to do meaningful work and to provide for my family. These are things that should give me deep joy, but what do you think happens? I will inevitably let my thoughts begin to focus on the negative aspects: the early mornings, the long commute, challenging coworkers, deadlines, and all the other things that add stress and reduce joy. The other side of that coin might remind me of the peaceful time I have in the mornings before the rest of my family is awake, the quiet times for spending with the Lord on the way to work, opportunities to share my faith in God with coworkers, or how good it feels to meet a challenge and overcome it, and of course the money I bring home to help feed the family. Again, the things I choose to focus on and *not* focus on will determine whether my day is joyful. When I focus on the good parts of my job (or whatever it is) I become a more joyful person. When I focus on the bad parts I have very little joy. God knows how I'm made, how I think, what is good for me and what will hurt me. There is a formula for joy, and it is not a secret.

Proverbs gives us some insight. For example, “Above all else, guard your heart, for everything you do flows from it.” (verses 4:23), and “For as he thinketh in his heart, so is he” (verses 23:7 in the King James Version). Our thoughts determine a lot about the kind of people we are and how much joy we have. There are other references in the Bible to how we think. My favorite is Paul’s guidance right here in Philippians 4:8, “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.” This verse turns out to be a pretty good formula for joy. In fact, the principle contained here is the premise (and the title) of an outstanding book on the subject called The 4:8 Principle by Tommy Newberry. Mr. Newberry basically states this principle as: **Whatever you give your attention to expands in your experience, until it grabs your focus.** He illustrates this with the idea of how a spotlight illuminates an object in a theater or stadium and has the effect of taking attention off of anything outside the light. The spotlight doesn’t cause what is outside of its beam to cease to exist but it shifts our focus to what is in the light. That is what we focus on.

In the same way, the things we choose to focus on and think about take center stage in our lives and everything else fades. Keeping our spotlight trained on the positive things described in Philippians 4:8 (what is true, noble, pure, lovely, admirable, excellent, praise-worthy, etc.) promotes positive thinking, which in turn leads to a joyful life. There is always negative and positive all around us. Giving attention to one doesn't eliminate the other, but the choice of what we put the spotlight on is ours to make. If we allow negative thinking to take center stage, it will rob us of joy. But if we discipline ourselves to learn “4:8 thinking”, focusing on the positive however, we will increase our joy because it grabs our focus! **So be a 4:8 Thinker and focus on the positive! Follow a winning formula for joy!**

## **Assignment for next week**

1. Continue your Bible reading, marking, and recording. Also complete the Bible study lesson for next week.
2. Keep praying for others and for yourself. Use Scripture if you like. Also memorize another verse this week. Review the verses you've already learned. Carry your cards with you and use spare moments to review. Bring the cards with you next week.
3. Work towards achieving one of the goals in the next few weeks. Come prepared to share next week what you've seen God do.
4. Look over the questions on "How Has Your Life Changed?" and think through each of them. Come prepared to share.

# WEEK 7

- **Open in prayer**
- **Share from your Quiet Time Journal**
- **Review all your memory verses in pairs**
- **Share progress on your Goals**
- **Discuss the Lesson**
- **Discuss How Do You Spell Joy?**
- **Discuss How Your Life Has Changed?**
- **Discuss Continuing On**
- **Close in Prayer**

## LESSON 6 Choose Joy – Joy in Action Philippians 4:9-23

Last week we saw that we should have a joyful attitude and that we should pray instead of worry. But that's easier said than done sometimes. This lesson tells how you can be joyous at all time.

1. One final key to joy (and peace) is obedience. What does Philippians 4:9 say about that?

2. Another thing that brings joy is being concerned about others and having others concerned for you. What is needed to help others? Philippians 4:10

What could you change in your schedule to give you more opportunity to help others?

3. Paul talks about contentment. How did he know about that? Philippians 4:11-12

4. Paul then gives the secret of contentment. What is it? Philippians 4:13.

This is one secret we should definitely share with others! We often think we don't want to be in want or "without". But we do learn by it. How have you learned contentment?

5. On a scale of 0 to 10, how would you rate your contentment?

6. Paul then shares that the Philippians played a part in his contentment. What did they do? Philippians 4:14-16

7. How does Paul refer to their physical help (their gifts), and what would they do? Philippians 4:17-18

8. What promise does Philippians 4:19 give?

Your giving helps others and God will credit it to your account, Who comes to mind that you could help? How?

9. Paul closes in Philippians 4:20-23 with words of greetings including some from Caesar's household. How does it make you feel that someone in Caesar's own household had become a Christian?

Who can you pray for to come to Christ?

Who do you need to write and encourage?

**Part of having joy is following God and His Word. But we should not just know it, but practice it daily.**

**This includes having opportunities to “do good”. And if it’s hard, don’t worry, God will work in and through you. He will supply everything you need to help others and for you to have real joy!**

## **How Do You Spell JOY?**

When our kids were young we used to sing “If you want joy, real joy, wonderful joy, let Jesus come into your heart.” We certainly know that’s true! It was neat hearing our kids sing it and seeing them invite Christ into their life.

Then our kids also learned at church the visual acronym for joy which goes:

- Jesus
- Others
- Yourself

Put Jesus first, others second, and yourself third. I thought at the time, “That’s cute, simple really.” But oh was I wrong!

**You see my letters want to get all jumbled up!** Usually my JOY is spelled **YOJ**. You can see that based on my actions. I think of myself first, others second because they are all around me, and Jesus last because I can’t see Him at all! No wonder sometime I’m not really so joyful, I’m so focused on myself and hardly on Jesus at all!

At other times my JOY is spelled **YJO**. I move Jesus up a notch. I pray. I read my Bible. But my main focus is on self. That’s obvious too. My wife (and others) will often point that out to me. “Why don’t you just listen?” she’ll say. Or someone at work will say, “I’d like to explain this if you’d just give me a second to get a word in!” And when my JOY is spelled YJO I’m really thinking that my thoughts and plans for my life are better than those of Jesus. Then when mine don’t go so well, I say, “Uh Oh!”

And then there are times I feel somewhat like a doormat and spell JOY more like **OJY or OYJ**. This doesn’t seem to happen very often, but it’s easy to do that in marriage, putting our spouse

before Christ. This shouldn't be. Making Him our #1, helps us to love our spouse even more.

What I strive for is to put Jesus first in my life. But even then my JOY is not spelled correctly. It's more often than not spelled **JYO**. You see my biggest problem is I really hate to put myself last. But Philippians 2:3&4 says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." So not only should I put Jesus first, but then I need to put myself last. That's hard!

Finally, there hopefully have been a time or two where I have spelled JOY as **JOY**. I truly have tried to put Jesus first in my life and put myself last, giving others more value than I give myself. Unfortunately those times don't seem to last very long, but hopefully they are getting more frequent!

If Jesus isn't first in my life, then I know the rest is messed up, no matter what order the remainder of my letters are.

So let me ask you. Is your "**J**" in the right place? How do you spell **JOY**?

## **How Has Your Life Changed?**

1. Overall, what have you thought of these studies?
2. Since going through these studies how has your life changed?
3. What new habits have you picked up?

4. What new attitudes are beginning to develop in your life?
  
5. Where would you like to see your Christian life in 1 year?  
2?

## **Continuing On**

We have reached the end of this study, but this isn't the end, it's only the beginning. First it's hopefully the beginning of a new and strengthened walk with the Lord for you. We encourage you to keep having a daily Quiet Time in the Word and prayer. And if you continue in a small group, keep sharing what God shows you from your Quiet Times with each other as part of your small group time.

Second, we hope it's the beginning of a more joyful spirit in your heart, mind, and soul. That comes certainly from Christ as the world will scream – Worry, Cry, Fear. But He whispers – Trust, Hope, and My Peace. So memorize and review verses and use Scripture in your prayers and thoughts. (Again, the next page has verses to memorize on a variety of topics.) Memorizing, using, and praying Scripture will help you have joy.

Finally, keep setting some personal spiritual (and ministry) goals for yourself. Ask God to work in your life and use you in others lives. He will. 1 Corinthians 15:58 says your labor will not be in vain. Expect God to use your life to encourage others to be more like Him! And the more you know (and apply) of His Word the more you'll have to share!

## APPENDIX - SOME SCRIPTURE MEMORY VERSES

Pick several topics that interest you, look up the verses, choose several that you like, and write them out on 3x5 cards. For each verse, learn them one phrase at a time, adding additional phrases after you know the previous ones. Say the reference before and after each time along with the topic.

For example, to memorize John 15:5 in the NIV first write it on a card:

Abiding in Christ
John 15:5
I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.
John 15:5

Then learn it phrase by phrase:

- 1<sup>st</sup> learn and say out loud, or to yourself: "Abiding in Christ. John 15:5. I am the vine; you are the branches. John 15:5"  
Note: It may take several attempts to learn this first portion.
- Then once you can say all that from memory, add the next phrase: "Abiding in Christ. John 15:5. I am the vine; you are the branches. If you remain in me and I in you... John 15:5"  
Again, it may take several attempts to remember all this.
- Then once you can say all that from memory, add the next phrase: "Abiding in Christ. John 15:5. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; John 15:5"
- Finally, once you can say all that from memory, add the final phrase: "Abiding in Christ. John 15:5. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5"

Then once you can say it all from memory, say it again several times daily for a week or so until you completely know it. Note that it is completely normal to forget the verse and then you'll have to relearn it again. This may happen several times. But know that the time to relearn it will be less and less until eventually you'll really know it. Saying it to others will also help, giving them your card and asking them to make sure you can say it "word perfectly".

**Abiding in Christ** - John 15:5

**Assurance of Answered Prayer** - Daniel 10:12 John 16:24

**Assurance of Forgiveness** - Ephesians 1:7 1 John 1:9

**Assurance of Guidance** - Joshua 1:9 Proverbs 3:5-6

**Assurance of Salvation** - John 3:16 John 5:24 John 6:47

John 10:27-29 1 John 5:11-12 1 John 5:13

**Assurance of Victory** - 1 Corinthians 10:13 2 Corinthians 10:3-4

**Be Compassionate** - Matthew 9:36 Romans 12:15

**Be Gentle** - Galatians 6:1 James 3:17

**Be Patient** - Ephesians 4:2 2 Timothy 2:24-25

**Be Steadfast** - 1 Corinthians 15:58 Philippians 1:27 1

Thessalonians 3:7-8 Hebrews 12:3 James 1:2-4 1 Peter 4:12,13

**Born of God** - Galatians 3:26

**Change** - 2 Corinthians 3:18

**Children** - Proverbs 22:6 3 John 1:4 Proverbs 20:7

Ephesians 6:1-4 Proverbs 14:26

**Christ the Center** – 2 Corinthians 5:17 Galatians 2:20

Philippians 1:21 Colossians 2:6

**Citizenship** – Jeremiah 29:7

**Come Back to God** – Hosea 12:6

**Companions** – Proverbs 13:20

**Death** – Psalm 116:15

**Decision-Making** – 2 Chronicles 31:4-5 Job 22:28

**Depression/Trials/Victory** – Psalm 34:17-18 Isaiah 43:1b-2

James 1:12

**Develop World Vision** - Matthew 28:19,20 Mark 16:15

Acts 1:8

**Die to Self** - Matthew 16:25

**Discipleship** - Mark 10:21 Hebrews 12:10-11

**Do Good Works** - John 6:29 John 14:12 1 Timothy 5:25

**Do It in His Name** - Colossians 3:17

**Dry Times** - Joel 1:12

**Encourage One Another** - 1 Thessalonians 5:11 Hebrews 10:24-25

**Endure Injustice** - Romans 12:19 1 Peter 2:20&21

**Excellence** - 2 Timothy 2:15

**Faith** - Proverbs 29:25 Acts 27:25 Romans 4:20,21

Romans 10:17 Hebrews 11:1 Hebrews 11:6

**Family Before Others** - 1 Timothy 3:4-5

**Fellowship** - Matthew 18:20 Ephesians 4:29 Colossians 3:16 Hebrews 10:24,25 1 Peter 3:8 1 John 1:3

**Fit for God's Use** - 2 Timothy 2:20-21

**Forgive Others** - Ephesians 4:32 Colossians 3:13

**Fruit/Gifts** - Galatians 5:22-23 1 Peter 4:10

**Fulfillment** - Proverbs 13:12

**Giving** - Proverbs 3:27 Malachi 3:10 Luke 6:38  
2 Corinthians 9:6,7 Proverbs 3:9,10 1 Corinthians 9:11

**Giving Thanks** - Luke 17:15-16 1 Timothy 6:17-19

**God** - Romans 11:33

**God Delights in Me** - Psalm 18:19

**God Does It** - Psalm 127:1 Ezekiel 22:30 Philippians 2:13

**God's Best** - Jeremiah 6:16a

**God's Blessings** - Psalm 25:12-13

**God's Control** - Genesis 39:21 Gen. 50:20 Proverbs 21:1

**God's Glory** - Psalm 8:1

**God's House** - Genesis 28:16

**God's Love** - Psalm 145:8-9 Ephesians 3:16-19

**God's Plan** - Isaiah 14:27

**God's Power** - Psalm 60:12 Jeremiah 32:17 Mark 10:27 2 Corinthians 12:9

**God's Search** - 1 Kings 2:3

**God's Sovereignty** - Lamentations 3:37

**God's Will** - 1 Thessalonians 5:16-18

**Good Works** - Matthew 5:16 Romans 12:20-21 Galatians 6:9,10 Titus 3:8

**Guilt** - Proverbs 28:13 Romans 8:1-2 2 Corinthians 7:10

**Happiness** - 1 Chronicles 16:11 Esther 8:16

**Heart** - 1 Samuel 10:26 Psalm 51:12 Psalm 51:17  
Jeremiah 17:9

**Heaven - God's Plan** - 1 Corinthians 2:9

**Help in Trouble** - Psalms 138:7

**His Discipline** - Proverbs 3:11-12

**His Faithfulness** - Numbers 23:19 Psalm 16:11 Psalm 117:2 Lamentations 3:22,23 Romans 8:28 Hebrews 13:5

**His Help** - Isaiah 50:7

**His Help in Temptation** - Psalm 119:9,11 Ephesians 6:10-11 Hebrews 2:18 Hebrews 4:15-16 1 John 4:4

**His Instruction** - Psalm 32:8

**His Peace** - Isaiah 26:3 John 14:27 Acts 9:31 1  
Corinthians 14:33a Philippians 4:11 2 Thessalonians 2:16-17

**His Plans** - Jeremiah 29:11

**His Power** - Ephesians 3:20

**His Presence & Guidance** - Psalm 73:23-24 Isaiah 57:13

**His Provision** - Psalm 34:9-10 Psalm 37:4 Psalm 84:11  
Psalm 107:9 Romans 8:32 Philippians 4:19

**His Spirit** - John 14:26 John 16:13 Romans 8:5-8

Romans 8:14 1 Corinthians 2:12 1 Corinthians 3:16

**His Strength** - Psalm 28:8 Isaiah 33:2 Isaiah 40:31 Isaiah  
41:10 Philippians 4:13 Colossians 1:11 Psalms 18:2

**Honesty** - Leviticus 19:11 Acts 24:16 Romans 13:13

Hebrews 13:18

**Honor the Son** - John 5:23

**Humility** - Proverbs 16:18,19 Luke 14:11 Philippians 2:3,4  
1 Peter 5:5,6

**Husband's Responsibility** - 1 Peter 3:7

**Joy** - Proverbs 15:13 Philippians 4:4

**Know God** - Jeremiah 9:23-24

**Know Christ & Make Him Known** - John 17:3 John 17:26

**Knowing God's Will** - Proverbs 16:9 Isaiah 30:21

**Listen** - Proverbs 18:13 James 1:19

**Live in Harmony** - Romans 15:5-6 1 Corinthians 1:10

**Living by Faith** - 2 Corinthians 5:7

**Living Letters** - 2 Corinthians 3:2-3

**Looking to Jesus** - Hebrews 12:2

**Love** - John 13:34,35 1 Corinthians 13: 2 Timothy 1:7  
1 John 3:18 1 John 3:23

**Love Others** - Luke 10:27

**Love Takes Time** - Song of Solomon 3:5

**Made by God** - Isaiah 64:8

**Made Heavenly Citizens** - Philippians 3:20

**Made Priest** - 1 Peter 2:9

**Made Righteous** - 2 Corinthians 5:21

**Make Disciples** - Mark 3:13-14 1 Thessalonians 2:19-20

**Maturity** - Hebrews 5:12-14

**My Anchor: God** - Psalm 42:11

**My Identity in Christ** - John 10:14 Romans 14:8

2 Corinthians 5:15 2 Corinthians 10:17-18 2 Timothy 3:12

**My Intimacy with God** - Psalm 16:8 Psalm 42:8 Psalm 63:7-8 Psalm 94:18-19 Psalm 116:1-2

**My Responsibilities** - Romans 12:3 Romans 15:7  
Galatians 6:2 Ephesians 4:25 Colossians 3:15

**My Success & Confidence** - Psalm 18:35-36 Psalm 56:4  
Psalm 57:2 Habakkuk 3:19 2 Corinthians 3:5

**My Unity/Equality With Others** - John 17:20-22 Romans 12:4-5 Galatians 3:28 Ephesians 2:19

**My Worth in God's Eyes** - Psalm 149:4 Luke 12:6-7 Luke 12:24 Romans 8:16 Ephesians 2:10 1 Corinthians 6:19-20

**New Nature** - Ephesians 4:23-24

**New Things** - Isaiah 42:9

**Obedience** - Exodus 19:5 Psalm 112: Proverbs 2:20  
Hebrews 13:17 James 1:23-25 1 Peter 2:21-23

**Obedience to Christ** - John 14:21 Romans 12:1 Hebrews 5:8 1 John 2:6

**Overcome Anger** - Proverbs 22:24-25 Proverbs 29:11  
Ephesians 4:26 Colossians 3:8

**Overcome Bitterness** - Ephesians 4:31 Hebrews 12:15

**Perfected** - Hebrews 10:14

**Perfectionism** - Galatians 3:3

**Personal Touch** - 2 John 12

**Plan Ahead** - Psalm 90:10&12

**Prayer** - Matthew 21:22 Mark 1:35 Luke 18:1 John 15:7  
Philippians 4:6,7 Colossians 4:2

**Praying Scripture** – Philippians 1:9-11 Ephesians 1:15-19  
2 Thessalonians 1:3-4 Philemon 4:7 1 Corinthians 1:4-9  
Colossians 1:3-12 1 Thessalonians 1:2-10 2 Timothy 1:3-8  
1 John 2:1-6 Proverbs 31:28-31

**Pure Religion** - James 1:27

**Purity** - 2 Corinthians 7:1 Ephesians 5:3 Philippians 4:8  
1 Peter 2:11

**Put Christ First** - Psalm 63:1 Lamentations 3:24-25  
Matthew 6:33 Luke 9:23 Luke 14:33 Colossians 3:1-2

**Put Others First** - Romans 12:10 Romans 15:2

**Reaching All Men** - 1 Corinthians 9:19 Colossians 1:27-28

**Reconciled** - 2 Corinthians 5:18 1 Peter 1:18-19

**Running the Race** - Hebrews 12:1

**Sanctified** - 1 Corinthians 1:30

**Scripture Memory** - Deuteronomy 30:14 2 Chronicles 16:9a  
Job 22:22 Psalm 19:14

**Second Chance** - Jonah 3:1,2

**Second Coming** - John 14:2-3 1 Thessalonians 4:16-17

Hebrews 9:28

**Seeing Opportunities** - John 4:35

**Seek God** - Zephaniah 2:3a 2 Chronicles 15:2

**Seeking God** - Jeremiah 29:13 Deuteronomy 4:29

Psalm 9:10

**Self-Image** - Psalm 139:13-14a

**Separate from the World** - Matthew 6:24 Romans 12:2

James 4:4 1 John 2:15,16 2 Corinthians 6:17-18

**Serve Others** - Matthew 20:26-27 Mark 10:45 Luke 22:26,27 2 Corinthians 4:5 Galatians 5:13-14 Hebrews 6:10

**Sharing Your Life** - 1 Thessalonians 2:8

**Shepherd Psalm** - Psalm 23:

**Soul Searching** - Psalm 139:23-24

**Speak Graciously** - Proverbs 15:1 Colossians 4:5-6

**Stress** - Psalm 118:5-6

**Take and Give Counsel** - Proverbs 11:14

**Team** - Judges 21:25 Ecclesiastes 4:9-12

**Tell the Truth** - Ephesians 4:15 Colossians 3:9

**The Basics** - Psalm 11:3

**The Burden is Light** - Matthew 11:28-30

**The Early Church** - Acts 2:42 Acts 2:46-47

**The Home** - Ephesians 6:4 Colossians 3:21

**The Word** - Joshua 1:8 Ezra 7:10 Matthew 4:4 John 8:31-32 2 Timothy 3:16-17 Hebrews 4:12

**Today** - Psalm 118:24

**True Satisfaction** - Proverbs 30:8-9

**Trusting in God** - Jeremiah 17:7-8

**Unity/Equality With Others** - 1 Corinthians 12:26

**Victory** - 2 Corinthians 2:14

**What God Requires** - Micah 6:8

**What's In Your Heart** - Luke 6:45

**Wisdom** - James 1:5

**Witnessing** - Matthew 4:19 John 20:21 Romans 1:16  
1 Peter 3:15

**World Vision** - Isaiah 6:8 Habakkuk 2:14 2 Corinthians 5:19,20

**Worship** - Isaiah 42:10a

**Worship / Heaven...** - Psalm 35:18

## QUIET TIME JOURNAL (Week 1)

**GET STARTED:** Pray for guidance. Pick a chapter in a **paperback Bible or New Testament**. (You may want to continue in the Bible book you read for practice in week one.) **Read and underline** what stands out to you. Pick what you consider to be the best verse and fill out the appropriate journal entry. Then talk to God about it. Do this daily. Then as God leads, share what God shows you with others.

◊ **SUNDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **MONDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **TUESDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **WEDNESDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **THURSDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **FRIDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **SATURDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

## QUIET TIME JOURNAL

◊ **SUNDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **MONDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **TUESDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **WEDNESDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **THURSDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **FRIDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **SATURDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_

What it said: \_\_\_\_\_

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My response: \_\_\_\_\_

## QUIET TIME JOURNAL

◊ **SUNDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
What it said: \_\_\_\_\_

How it impressed me: \_\_\_\_\_

My response: \_\_\_\_\_

◊ **MONDAY** Date: \_\_\_\_\_ Read: \_\_\_\_\_ Best Verse: \_\_\_\_\_  
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My response: \_\_\_\_\_

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My response: \_\_\_\_\_

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## PRAYER PAGES

“Very early in the morning, Jesus got up, went to a solitary place, where He prayed.” Mark 1:35

### Date/Request

## Date/God's Answer

## PRAYER PAGES

“Very early in the morning, Jesus got up, went to a solitary place, where He prayed.” Mark 1:35

### Date/Request

## Date/God's Answer

## NEW TESTAMENT READING CHART

It is important for every Christian to read their Bible regularly both for encouragement and for guidance. Psalm 119:9 says that a person should guard his (or her) life according to God's Word. But to do so you must be in The Book, not just have it in your house! The New Testament is an excellent place to start. Some people like to keep track of where they read to record their progress. Use the chart below to keep track of your reading in the New Testament. Put an "X" through the chapter numbers as you read them. Our prayer is that this will encourage you to read through the entire New Testament. You should be able to do so in about 9 months if you read 1 chapter daily. 3 chapters a day will get you through the entire Bible in about a year. (A sheet like this listing all the chapters in the Old and New Testaments is found in the back of *Growing Strong in God's Family* by NavPress.)

Matthew	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	20	21	22	23	24	25	26	27	28										
Mark	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			
Luke	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	20	21	22	23	24														
John	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	20	21																	
Acts	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	20	21	22	23	24	25	26	27	28										
Romans	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			
1 Corinthians	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16			
2 Corinthians	1	2	3	4	5	6	7	8	9	10	11	12	13						
Galatians	1	2	3	4	5	6													
Ephesians	1	2	3	4	5	6													
Philippians	1	2	3	4															
Colossians	1	2	3	4															
1 Thess.	1	2	3	4	5														
2 Thess.	1	2	3																
1 Timothy	1	2	3	4	5	6													
2 Timothy	1	2	3	4															
Titus	1	2	3																
Philemon	1																		
Hebrews	1	2	3	4	5	6	7	8	9	10	11	12	13						
James	1	2	3	4	5														
1 Peter	1	2	3	4	5														
2 Peter	1	2	3																
1 John	1	2	3	4	5														
2 John	1																		
3 John	1																		
Jude	1																		
Revelation	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	20	21	22																

# *My Goals*

Set up specific goals in your spiritual life for this study. Several goals are given. Set up any other goals that you like. Then **have someone else in your group initial on the line before each goal as you complete them.** You may also want to show them to your leader and ask for him or her to write about the growth they have seen in your walk with God during this time.

       ***Have a Quiet Time daily for 7 consecutive days (as shown by 7 consecutive journal entries)***

       ***Choose 3-5 verses to memorize. Check off below when you can say them and list references:***

       **(Reference:)** \_\_\_\_\_  
       **(Reference:)** \_\_\_\_\_  
       **(Reference:)** \_\_\_\_\_  
       **(Reference:)** \_\_\_\_\_  
       **(Reference:)** \_\_\_\_\_

       ***Reviewed verses for 7 days (as shown by 7 diamond checks on the journal pages)***

       ***Pray for \_\_\_\_\_***

       ***Tell \_\_\_\_\_ about Christ***

       ***Invite/Bring \_\_\_\_\_ to church***

       ***Read \_\_\_\_\_***

## *Other Goals*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## *Leader Comments (Optional)*

## *Other Verses to Memorize*

There are particular verses that you will find that mean so much to you or impact your life in such a significant way that it makes sense to commit them to memory so you can carry them with you everywhere! This page is for you to write down these verses as you find them so you can begin to memorize and put them in your heart and mind. Learn the verse a phrase at a time, adding phrases until you can say it all from memory. And also learn the address (reference) of the verse as well (e.g., John 3:16) so you can show someone else where it is. I find it helpful to also write the verses out on small cards and carry them with me for review. Research has shown that once you can say a verse from memory, however, you will be unable to do so in about an hour. But you will find that it will then take much less time to re-learn it. The same thing then occurs about a day later, a week later, etc., but each time taking less and less time to re-learn. Eventually it will be in there for good. I know verses I learned 42 years ago, and it's made such an impact on my life that I'm still learning new ones today. So the key to remembering a verse is not only to memorize it, but also to review. Reviewing with another person is also helpful, and will be an encouragement to them. Think about this, if the Bible is ever banned, the verses we've memorized will be the only ones we'll have. But even now, with Bibles in every book store and home, there are times during the day when we don't have one with us, or it is impractical to pull out our Bibles. So at those times, the verses you've memorized are all that you have at that particular moment. The Holy Spirit will then use the verses you've memorized in your life and help you to be a ministry to others at any time! God bless you as you memorize His Word. **Here are some good ones from Philippians: verses 1:21, 1:27, 2:3-4, 2:13, 3:20, 4:4, 4:6-7, 4:8, 4:11, 4:13, and 4:19.**

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