

PHILIPPIANS

Part 2



Name:



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PRESS ON... IN KNOWING CHRIST

Study 1

What do you remember from Philippians chapters 1 and 2.

It's been 4 months since we were challenged by the first part of Paul's letter. How are you going at putting your faith into practice with a Jesus filter on?

Read Philippians 3:1-6

Why is Paul comfortable repeating gospel truths to the Philippians church?

How would "confidence in the flesh" have looked to his original readers?

What does it look like in today's world?

What things of this world are *you* tempted to put confidence in or gain acceptance from?
What helps you resist these temptations?

Read Philippians 3:7-11

What does Paul think about his earthly resume?

How does confidence in Christ gain him acceptance from God?

Reflect on the assurance we gain by having faith in Christ. What would be different about your life if you remembered this every day?

What does it look like to really know Christ?

How to press On:

What are some practical and creative ways we can help each other to pursue a deeper relationship with Jesus?

Imagine a friend who is pursuing confidence in the flesh (career, family, status, possessions). How would you help them to see knowing Jesus is better?

Weekly Challenge: Write out a part of your testimony, comparing things you once put your confidence in with the joy of knowing Christ. Write it in language that you could use to share with your friends and family who don't know Jesus.

PRESS ON... TOWARDS THE GOAL

Study 2

How did you go with last week's challenge?

What is a goal or milestone you are working towards in your life?

Read Philippians 3:12-14

What is Paul pressing on towards?

What would it look like to “forget what is behind and strain toward what is ahead”

- for Paul?

- for us?

How does this compare with the energy we put into achieving goals on this earth?

Read Philippians 3:15-16

What is it that we have already attained?

How does this reflect the growth mindset (“progress not perfection”) we have been discussing at BPC this year?

Read Philippians 3:17-21

What will help the Philippians to press on towards heaven?

Describe the picture of those who have their minds on earthly things.

Now describe the picture of the Christian hope Paul gives us.

What aspects of heaven motivate you to press on towards it?

Do you feel the same kind of emotion that Paul feels (tears for the enemies of Christ and eagerness for Christ's return)? Why/why not?

How to press on:

What will it look like for you to live out your heavenly citizenship this week? Be as practical and specific as possible.

Who in your life can you "keep your eye on" as a model of a godly life?

Weekly Challenge: Create a visual reminder (eg. drawing by your bed, post-it-note on the mirror, phone background screen) that reminds you to set your mind on heaven and eagerly await Jesus from there. Put it in a prominent place to help you to press on towards the goal of heaven.

PRESS ON... BY STANDING FIRM

Study 3

How did you go with last week's challenge?

As you look back, what are the things in your life that have helped you to keep following Jesus?

Read Philippians 4:1

What has Paul just reminded the Philippians of?

What does he want them to do in response?

Read Philippians 4:2-3

What is the first way the Philippians can stand firm?

What place does our church family have in helping us stick with Jesus?

Read Philippians 4:4-7

What is the second way the Philippians can stand firm?

How are our attitudes and emotions impacted by our relationship with God?

How does that help us in times of difficulty and anxiety?

Read Philippians 4:8

What is the third way the Philippians can stand firm?

How could change your thought patterns to swap unlovely for lovely, wrong for right, impure for pure?

Read Philippians 4:9

What is the fourth way the Philippians can stand firm?

How to press on:

Come up with one way to stand firm in these 4 areas:

Relationships	Heart	Head	Hands

Weekly Challenge: Discuss really clearly and specifically how you as a group (or a family) will help each other to stand firm in Christ.

PRESS ON... IN CONTENTMENT

Study 4

How did you go with last week's challenge?

Brainstorm some of the ways your circumstances have changed in the last 12 months (could be work, lifestyle, family, housing, health etc.)

Read Philippians 4:10-13

Define contentment.

How does Paul show contentment?

What is his "secret of being content"?

How can we learn contentment

- when we have plenty?
- when we have little?

Read Philippians 4:14-23

How have the Philippians expressed their partnership with Paul?

How has that been a blessing to both Paul and the Philippians?

What motivates this kind of generosity?

How to press on:

Reflect on how Paul balances his gratitude for their generosity and his contentment in God for all things. How can we have the same kind of attitude in our church community?

What circumstances stir up discontentment in you? How can you learn to rely on God's all-sufficient strength in those times?

"I can do all things through him who gives me strength" looks good on a fridge magnet or instagram post. But, in context, what does Paul actually mean by it? How does that help us in our changing circumstances?

Weekly Challenge: Reflect back on the whole book of Philippians and all that God has taught us. Re-read the whole letter in one sitting. Write down a plan for how you will continue to press on