

## Week of July 3:

### **FAMILIARIZE YOURSELF WITH THE BOOK, AGAIN**

Read or listen to the entire book of Philippians as many times as you can this week. Is there anything you see in a different or truer light after more focused study? Write out one very specific change you are going to make in your walk with Christ as a result of this study. Thank God for what He has revealed to you and keep asking for his daily help to integrate what you are learning into your days and moments.

### *Memorize with us:*

#### **Philippians 2:5-11, NIV**

In your relationships with one another,  
have the same mindset as Christ Jesus:  
Who, being in very nature God,  
did not consider equality with God something  
to be used to his own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.  
And being found in appearance as a man,  
he humbled himself  
by becoming obedient to death—  
even death on a cross!  
Therefore God exalted him to the highest place  
and gave him the name that is above every name,  
that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,  
and every tongue acknowledge that Jesus Christ is Lord,  
to the glory of God the Father.

## THE JOYFUL Christ Centered LIFE

### Feed Your Faith

#### **Study Philippians with us!**

Join us this summer as we study two books of the Bible, starting off in Paul's letter to the Philippians. We've outlined two options for you - one that helps you process the sermons on your own or with friends, and the second guides you into a deeper study of the entire book of Philippians through weekly activities and prompts.

(This second method is adapted from the Navigators Book of the Month study.)

Whether you engage with one or both options, join us in memorizing Philippians 2:5-11.

### Option One:

#### **Discuss the sermon using these "forever" questions:**

Discuss the following with your LifeGroup, with a buddy or in a journal throughout this series, The Joyful, Christ-Centered Life:

1. What do you resonate with from this week's sermon?  
Ex: Where you find yourself nodding and saying "This is exactly how I feel".
2. What do you resist about what was said in this week's sermon?  
Ex: Where do you find yourself frustrated, disagreeing with or observing that's not how it works in your life? What values, attitudes, beliefs and/or actions are challenged by what you've learned?  
How can you reconcile this resistance? What causes it?  
What data could you seek out to help you as you rumble with this tension?

For both the resonate and resist questions, we want to be discerning in our agreement with truth. So for both questions 1 + 2, ask these questions:

- Pray for a discerning, humble, teachable spirit.
- Where else does Scripture support this view/idea as truth?
- Does Scripture ever oppose this view/idea? Where?
- What help/resource/person could you seek out to help you rumble with any tensions you find?

3. Based on the sermon this week, Who is God + what has He done?
4. Based on the sermon this week, Who am I + what should I do?

## Option Two:

### FEED YOUR FAITH USING PHILIPPIANS + THESE 7 Fs

It's our heartbeat to teach methods of study that are accessible and effective for you to engage with and grow from the study of scripture. Grab a notebook with your Bible, invite a friend (or two), and feed your faith throughout this series using these weekly activities designed to help you synthesize and integrate the message of Philippians into your everyday life.

## Week of May 22:

### FAMILIARIZE YOURSELF WITH THE BOOK OF PHILIPPIANS

Read or listen to the entire book (it takes about 15 minutes) as many times as you can this week. Use the summary video from the Bible Project to give you a sense of the whole book. Ponder the following questions as you listen and/or read:

1. What is the tone of the book? Are there any changes in tone that happen throughout the book?
2. What major threads are you beginning to see woven into the fabric of Philippians?

Pray for God's Spirit to open your eyes and speak to you through this study.

## Week of May 29:

### FORMULATE CHAPTER SUMMARIES

Continue reading through the whole book a few times this week, focusing on each chapter as a part of the whole. Keep asking God to be present with you and guide your thoughts and feelings as you read + study His Word. Write 1-3 sentences to summarize each chapter. Use the following questions to help you get the big picture of each chapter section.

1. What is the primary verse or passage in each chapter?
2. Why did Paul write each chapter?
3. What are the repeated ideas or phrases throughout the chapter?

## Week of June 5:

### FACTS

Condense your chapter summaries into short newspaper-like headlines of 5-7 words. Prayerfully consider what these big ideas mean for you in the life situations you will encounter this week.

What actions can you take to apply what you are learning?

## Week of June 12:

### FOCUS ON A PASSAGE

Choose a passage (try for 1-10 verses) from the book that has intrigued you as you've read so far. Observe the answers to the who, what, where, when, why questions from this text. Make further observations using the questions below as springboards:

1. What are the commands, promises and cause-effect relationships?
2. What are the repeated words or ideas? Why are they repeated?
3. What do you learn about God, Jesus and the Holy Spirit from this passage?
4. What questions do you have about the passage? (Seek out possible answers.)

After making observations, reflect with God on how this passage affects your everyday life. What are some "principles for life" that come from this passage? What can you apply?

## Week of June 19:

### FOCUS ON A THEME

Choose a theme or idea repeated throughout Philippians (joy, the gospel, the church, etc...). Write out each reference to this theme from Philippians in the order they occur. Make observations on each mention by asking the following questions:

1. What does this occurrence add to the meaning of the idea/theme? (Is it a comparison? An example? A smaller aspect? A general statement about the topic?)
2. How does each mention fit within its immediate context? What does it add to the overall flow of the book?
3. Are there other scriptures that mention your topic that could weigh in?

After making some observations, reflect on how these ideas affect your everyday life. What might need to change or stay the same as a result of your deeper study? What are some "principles for life" that arise out of your study?

## Week of June 26:

### FRAME THE BOOK

From memory, map out the book on a blank piece of paper. Try to recall the prayers, flows of discussion and key verses as they occur. Share this book map with a friend or family member. Tell them something you've been learning and implementing as a result of your study through Philippians. Pray every day this week that God would solidify any commitments or changes you're making in your life to come more into alignment with His Word.