

Epistle of Paul to the

Philippians

Joyful & Steady



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*

Philippians 1:6

A *Dwelling Richly* Bible Study

**Welcome
&
Introduction**

Let the Word of Christ
dwell in you
richly.



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Welcome!



Paul's letter to the Philippians is often remembered for its memorable verses: "Rejoice in the Lord always," or "I can do all things through Christ who strengthens me." Maybe you've heard these quoted on coffee mugs, journal covers, or tucked into an encouraging text from a friend. Philippians is loved for these encouraging verses and so much more. Through Philippians you'll hear God's Word calling us to live with a steady joy that's rooted in Christ no matter what we face.

We are reading an epistle - a New Testament letter - inspired by the Holy Spirit, written by Paul, to a group of Roman Christians living in Philippi. It's a thank you letter. It's an encouragement letter. It's deeply personal. Paul wrote the uplifting, encouraging, coffee mug worthy verses we love so much when life for Paul, by anyone's standards, was pretty bad—he was actually in prison. Still, his words shine with joy, with thankfulness, and with a steady hope rooted in Christ.

Philippians reminds us that real joy isn't based on our situation—it's something deeper. It's spiritual. Paul shows us how to think like Jesus, walk in His humility, keep pressing forward with purpose, and find true peace that only comes from God.

The theme for this study—Joyful and Steady—came out of my own prayers as I prepared. Like you, I know what it feels like to be wobbly, to have days when joy seems out of reach or when life feels anything but steady. As I read and reread Philippians, those two words kept rising to the surface. Paul's joy wasn't fake or forced—it was steady, anchored in Jesus even while he sat in a prison cell. That same kind of joy and steadiness is what we need today, in our homes, our workplaces, our families, and our church.

We'll see how the Philippians themselves faced pressures that feel surprisingly familiar. Like any of us they too dealt with anxieties, conflicts, cultural pressures, and the daily pull of comparison and discontent. Through Paul's words, the Spirit teaches us how to walk steady in a wobbly world, how to shine like lights when everything around us feels dark, and how to live as citizens of heaven while still very much here on earth.

Philippians will invite us to let the Word of Christ dwell in us richly—not just to pass through the text, but to allow the text to pass through us. As we sit with these words, we invite the Holy Spirit to dwell in us also, shaping our hearts, renewing our minds, and transforming our lives.

My prayer for you is that this study becomes more than a series of lessons—it becomes a rhythm of joy and steadiness in your walk with Christ. That you would find *encouragement* when you feel anxious, *hope* when you feel weary, *humility* when you feel pride creeping in, and *contentment* when the world clamors for more.

As Paul writes, "He who began a good work in you will carry it on to completion until the day of Christ Jesus." And with that assurance, we step into this study together—joyful, steady, and eager to dwell in God's Word.

Eyes on Him,
 Jennifer



Dwelling Richly Bible Study

The mission of the Dwelling Richly Bible study is rooted in God's Word in Colossians 3:16, "Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."

This is how that looks and how we are shaped...

We are...

people who enthusiastically and intentionally dwell in the Word and let the word of Christ dwell in us richly.
(from Colossians chapter 3)

We...

- **dwell** in the Word and let it dwell in us
- **teach** one another from the truth of the Word
- **admonish** one another, counseling in wisdom
- **sing** because our hearts overflow with joy and hope
- **thank** God always in all circumstances
- **know** He will be faithful to complete what He began in us

With this in mind, we don't want to just "do" Bible study. We expect more and long for more.

We Expect...

- **Bible-based** teaching not worldly solutions or motivational messages
- **Faith-strengthening** studies that equip us as disciples who can disciple others.
- **Community-building** gatherings centered on God's Word
- **to Have Fun** because God's Word brings us true joy and we are delighted to dwell
- **to Learn a Ton!** We are ready to learn and so we expect sometimes...
- **to Get Stuck** Patiently learning and trusting the Holy Spirit to teach us
- **to Grow** from who we are today to who we can become empowered by the Holy Spirit



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

How do we study?



Read & Take Notes. For study, get in the habit of using a printed Bible. A computer Bible or app are helpful but should support your time in the Word – your physical Bible.

Translation *not* a paraphrase.

Here are some trustworthy translations:

***English Standard Version (ESV) – We'll be using the ESV in this study**

Also consider...

New American Standard (NASB)

New International Version (NIV)

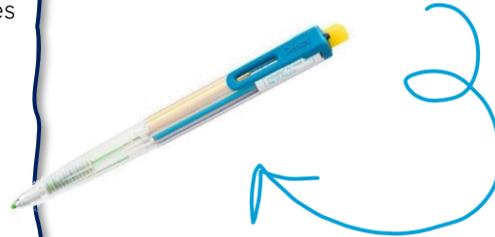
Christian Standard Bible (CSB)

New English Translation (NET)

New Living Translation (NLT)

Common English Bible (CEB)

Use colored pencils to mark in your Bible. I use a [Pentel 8 colored pencil](#).



Pray. Before you read, ask God to help you understand what you are reading. It's amazing what happens when we just do that...pray. God is faithful...Dwelling Richly Bible Study...



Trust the process. Decide as you begin to:

- Expect growth – which takes time
- Expect challenge – growth will stretch you. This is good.
- Enjoy the process and have fun
- Give yourself grace to learn
- Engage with the Scriptures – don't just read
- Connect with others

Grace Groups

Connecting, sharing, praying with, and encouraging one another.

Meet in between sessions to discuss the study or simply to hang out for coffee, at a park, and just for fun!

During Grace Group time we will be mindful of the following...

1. 📖 God's Word is our standard. We'll use the Bible - not personal opinion, popular teachers, or church tradition - as our guide for everything. Questions will generally reference the English Standard Version (ESV), but you can use any trustworthy Bible translation (not a paraphrase) to study from.
2. 🕊️ We Remember: 'In essentials, unity; in non-essentials, liberty; in all things, charity.'
3. 🚫 Do your own thinking. Avoid commentaries and the study notes in your Bible -. Trust God, pray, ask for wisdom then read and answer on your own.
4. ❤️ Be gracious and patient with yourself and with others. We're all learning. No one has it all figured out.
5. 🗣️ 👍 This is a Bible study - not a personal-opinion group. So, there are going to be "right" and "wrong" answers in keeping with the truth of God's Word.
6. 🗣️ Share or Listen. You don't have to share, but if you did the reading and responded to that prompt, why not chime in? We all benefit from one another's thoughts and questions. I bet you have something great to share!
7. 🕒 Done or Not Done...Come. Didn't finish the study this week? That's ok. Life gets busy. You're here! Yay, you! This will be a good week for you to listen and be encouraged by others.
8. ⏳ Be considerate. ...of time and tone. Share your thoughts and allow time for others to do the same - limit yourself to about 2 minutes maximum. Some have strong opinions, others are shaping theirs. Avoid pressing your point of personal opinion.
9. 🙏 Pray. ...when you arrive, while you're in Grace Groups, during teaching time. Pray for your understanding to grow. Pray for your Grace Group leaders. Pray for one another. Let's be those who go to the Father for one another and seek His face together.



Ready? Let's go!

Maybe you decided this study is going to be your best yet...you made sure to set aside time in your busy schedule so you won't get swamped and let the lesson go to the last moment. Maybe it's your first time doing a Bible study and you have no idea what to expect. Wherever you are, whatever your expectations, here's what you can count on...I'm praying for you and God is ready to bless you amazingly!

A Simple Plan! Each lesson is laid out to "let the Word of Christ dwell in you richly." I designed this routine to give you comfort in the pattern and predictability. Also, every step is a thoughtful way to approach study so you become equipped to know the Word and deepen your faith. Look for these steps on the next page.

Know Two Things...

- 1) You have an advocate! Yay!** Jesus himself is praying for you! Imagine that! It's pretty amazing, don't you think? It's true. You are doing a good thing by getting into God's Word. Staying faithful and focused isn't always going to be easy, so right here and now think about how cool it is that Jesus is advocating for you, cheering you on, making a way for you to do well in this venture!
- 2) You have an enemy! Yikes!** Satan, the Bible says, is like a roaring lion "seeking whom he may devour"...that's you! It's true, but it's only discouraging if you forget #1! You may find that more than any other time in your life you have scheduling challenges, emotional weakness, mental fatigue, relationship issues...you name it...anything at all to get in the way of you getting into the Word.

The Four P's...

Pray. Get armored up and tell God that you want His blessing as you schedule, study, think, and get into His Word. God will always answer that kind of prayer with a big, fat, awesome, "Yes!"

Partner. Connect with someone in your group so you can share encouragement and accountability. Send texts, make calls, meet-up with your "study buddy" and encourage one another!

Plan. You didn't just show up unannounced to your last dentist appointment. You didn't just miraculously find time for that date with a friend, your car didn't just magically repair itself while you were sleeping...you saw a need and made time to make sure it all happened. Plan now for the time you'll spend in Bible study. It won't just happen.

Prioritize. I bet you brushed your teeth today. Maybe you even flossed. You probably went to the dentist too at some point in the last year...why? You value your teeth and you want them to look nice and not fall out of your head. You made dental health a priority because you know the consequences are pretty ugly if you don't. Guess what? Your spiritual health is even more valuable.



The Dwelling Richly Way

It's not about "doing" Bible study.



The Dwelling Richly approach is about fulfilling Colossians 3:16, "Let the Word of Christ DWELL in you richly..." So, we don't "do" Bible study we let it dwell in us and we return the favor dwell in the Word - we read, write, think, ask, engage, and create. We connect with others and share. We memorize and meditate. We are prayerful and hopeful and expectant the Holy spirit will teach us.

. . . Week by Week . . .

We meet every two weeks. In those 14 days, 10 of them are designed to give you time...

...together:

Day 1 - Review previous lesson/passages - Fellowship & Teaching

...on your own:

Day 2 - Overview of the passages for the lesson ahead

Days 3-9 - Dwell in and through the Word more deeply

Day 10 - Create & Share

- | | |
|---|--|
| <input type="checkbox"/> 1. 🙏 Pray ...for your Grace Group | <input type="checkbox"/> 4. 📄 Write the Word (begins Lesson Two) |
| <input type="checkbox"/> 2. 📖 Memorize Phil. 1:6 | <input type="checkbox"/> 5. ❤️ Community Share answer to Q1 in the group. |
| <input type="checkbox"/> 3. 📖 Read Philipians 1:1-14 | <input type="checkbox"/> 6. 🎵 Worship _____ |

. . . Day by Day . . .

Each day moves you through spiritual disciplines and habits to help you grow.

Here's what a day looks like...

Pray First. Ask God for understanding and pray for others in the study as well. Think about a focus word to help you pray like "clarity" or "peace" or "wisdom." Ask God to give you understanding in a specific way during your study. Having a focus word will help with that...

...then **Memorize & Meditate.** Write the memory verse in the text box at the top of the page...

...next **Write.** Write the memory verse each day and "Write the Word" We're writing all of Philipians in this study!

After that...**Simply Read.** Read the passages for that day. At the end of this study, you'll be very familiar with Philipians You'll have read Philipians at least three times start to finish!

Then, **Engage.** Respond to the prompts, answer questions, think, and get stuck - yes, "get stuck" - you won't always feel like you understand or have the "right" answer. That's OK. Just let the Word of God "dwell in you richly"...

...and **Reflect.** I'll share some of my thoughts, and we'll think together about what we've read and what we're understanding.

Finally, **Create & Share.** Express and share your thoughts, feelings, and ideas about what you've learned.



Navigating this Study



Want more? This Blue Bible button points out ways you can Dwell Deeper in your studies!



Tight on Time? Look for the Yellow Hearts button and respond to these.

Look for **call-out boxes** to give you Bible study tips and background from the Greek

IT'S GREEK TO ME



ἐπάθετε

(eh-path-ay-tay)

"did you suffer"

Literally: to feel heavy emotion, experience

Spiritually: one who deliberately steps across, violate God's law

Resources

- Personal Bible Study
 - BibleGateway.com - Read multiple versions, commentaries, maps
 - BibleHub.com - Read the Greek, parallel versions, maps,
 - BlueLetterBible.com Read the Greek, parallel versions, tools,
 - NET Bible Notes for Philipians
- Lessons –
 - Printed and available each time we meet
 - Download to view or print at home here:
<https://www.jennifergrichmond.com/philippians-joyful-steady/>
 - and in our Church Center group:
lmcc.churchcenter.com/my/groups/dwelling-richly
 - Find a typo? Thank you! Look for the "Typo Alert" thread in the group. Double check with your GG Leader then share in the group.
- Messages –
 - jennifergrichmond.com/teaching/
 - [YouTube](https://www.youtube.com/) the Dwelling Richly playlist
 - Spotify The Dwelling Richly podcast
 - Anywhere you enjoy listening to podcasts
- Attend Bible Study -
 - In person
 - La Mirada Church, 12104 Los Coyotes Ave., La Mirada
 - Start a Dwelling Richly group in your area.
 - Online - Zoom - the link is the same every session.
- Contact Jennifer -
 - DwellingRichly@gmail.com
 - Text: 562.524.1119 (La Mirada Christian Church)





"Let the Word of Christ
dwell in you richly."

Colossians 3:16



Lesson 1

Philippians 1:1-4:23



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Lesson One

Day 1 Grace



Grace Group

Let's get to know one another. You can write your responses and/or share them aloud with the group.

1. Write and/or Share with the group: "My name is _____ and a time when I felt the most joy was when..."
2. What's new with you? Birth in the family? A fun adventure? A great book you recommend?
3. What are you hoping to gain from this Bible study? (could be spiritually, emotionally, socially, etc.)
4. Who has made a difference in your spiritual life? How has that helped or inspired you?
5. Has having personal time studying the Bible helped you grow in your faith? Know God better? How so?
6. Imagine you're having a lunch date with a friend or family member who is facing a difficult time at work, with family, in their health, etc. How does knowing God or the Bible help you encourage them? Does that come naturally to you or is it hard?
7. Through this study we will understand the kind of joy and steadiness that can only be found in Jesus Christ. How do you think the Christian view of joy and steadiness is different than the "world's" view?

Pass around the Prayer and Connections Journal. If you have a prayer request that is more private, you can share with your group leader or our teaching leader.

We love to pray and know that God hears and answers.

Next up...teaching time.

You can take notes on the next page.



Lesson One

Teaching Time

Welcome to the Dwelling Richly study through Philippians. How do we study God's Word? How do we let it "dwell in us richly?" This is an Invitation to Dwell in the Word.



Watch/Listen to this message on the "Dwelling Richly" podcast - YouTube, Spotify, Audible, or any platform/app you enjoy.

Lesson One

Day by Day

An overview of this lesson. Use the checklist to help you plan your "TWiG" time. (Time With God)



<input checked="" type="checkbox"/>	My Dates	Day	Content
		1	Grace Groups & Teaching
			<u>READ</u>
<input type="checkbox"/>	_____	2	Acts 16:6-24
<input type="checkbox"/>	_____	3	Galatians 1:11-17, Genesis 12:1-3, Matthew 28:18-20, 1 Thessalonians 2:17-20
<input type="checkbox"/>	_____	4	Philippians 1:1-18a
<input type="checkbox"/>	_____	5	Philippians 1:18b-2:11
<input type="checkbox"/>	_____	6	Philippians 2:12-30
<input type="checkbox"/>	_____	7	Philippians 3:1-21
<input type="checkbox"/>	_____	8	Philippians 4:1-9
<input type="checkbox"/>	_____	9	Philippians 4:10-23
<input type="checkbox"/>	_____	10	Create & Share

...Memorize & Meditate...

Philippians 1:6

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.
(ESV)

(Memorize from any translation.)

...Write the Word...

(Begins Lesson Two)



Lesson One

My Heart to Yours



Imagine standing in the middle of a storm. The wind is fierce, the rain is pounding, and yet—you're steady. Your feet are firmly planted, your heart calm. Not because the storm has stopped, but because you are standing in peace - confident, certain, and steady..

That is what Paul's letter to the Philippians is about. He wrote it from the last place you'd expect joy...under arrest and imprisoned. And yet his words pulse with joy. His chains couldn't silence his gratitude. His circumstances couldn't shake his hope. Paul reminds us that true joy doesn't rise or fall with the weather of life—it flows steady from Christ Himself. If ever there was a man who helps us keep our own discomfort in perspective, it was Paul!

Maybe you, like me, feel wobbly at times. Circumstances shift, people disappoint, the unknown looms large. Joy can feel fragile or even fake at times. But Philippians lifts our eyes to Jesus—the One who steadies us when life shakes and makes that kind of joy more real than we could have imagined.

This study is called Joyful & Steady because that's what Philippians calls us to be. We are not joyless or tossed about. We are not crushed by the weight of today's storms. Instead, we are joyful, because Christ is with us. Steady, because Christ is enough.

As we dwell together, I pray you will sense God's invitation: to press forward when you feel like stopping, to rejoice when the world tells you to complain, to rest content when everything in you longs for more.

*"On Christ, the solid Rock, I stand;
All other ground is sinking sand,
All other ground is sinking sand."
(Edward Mote, My Hope Is Built on Nothing Less)*

That hymn has echoed through generations, and it captures the heartbeat of Philippians. We can be truly joyful and steady because Christ is unshakable.

So here we go. Let's open this letter together. Let's listen for Paul's voice, inspired by the Spirit, reminding us that no matter what storms may come, we can live with a joy rooted deep and a faith that will not be moved.

My heart to yours,

 Jennifer

Lesson One Day Two

Memorize & Meditate

- 1.  **Pray:** for your Grace Group
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Acts 16:6-24
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:** Share in the group.
- 6.  **Worship:** _____

Each day of the lesson opens with the same flow → Pray, Memorize, Read, Write, Community, Worship.
Before beginning, be sure you have done #s 1-3.

Thinking Back...

1. **Remember & Relate:** Write 1-2 points from the message or encouragement from Grace Groups you want to remember. ❤️

1)

2)

Missed the previous session? You can catch up! Listen to the Dwelling Richly podcast today.

Making Connections...

2. **What If...** Jesus miraculously walked in and sat down next to you right now! After you recovered, what are two ways you'd ask Him for help as you begin this Bible study?



1)

2)

Lesson One Day Two

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage - a word, idea, or reference you want to understand better.

- 3. Read from Acts 16:6-10** – How did Paul know where to go? What do these verses show about God's direction in spreading the Gospel?



Read Acts 16:11-15. Who was Lydia, and how did she respond to Paul's message?

Read Acts 16:16-24. Why were Paul and Silas attacked and imprisoned?

- 4. Worship.** What worship song comes to mind as you reflect on this passage? Why that song?

Write the name of the song on the "Worship" line at the top of today's lesson.

Each day of this lesson I encourage you to write the name of a worship song that comes to your mind as you read the Word. Let His Word dwell in you richly "...teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God" Colossians 3:16

Lesson One Day Three

Memorize & Meditate

- 1.  **Pray:** for your family.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Galatians 1:11-17, Genesis 12:1-3, Matthew 28:18-20, 1 Thessalonians 2:17-20
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**

Thinking Back...

1. **Remember & Relate:** What are two key words, names, or ideas you recall from yesterday's reading? Try to think without looking back...then, if you need to, go ahead and look!

1)

2)

Making Connections...

2. **Paul's Background** Read Galatians 1:11-17; Philippians 3:4-6. What do these passages tell you about Paul's Jewish background and his call from God? What do they tell you about what was important to Paul?



Lesson One Day Three

3. God Keeps His Promises. Read Genesis 12:1-3. What promises did God give to Abraham - 2000 years before Paul lived? Think back to Paul going to Philippi. How is this promise being fulfilled in Paul's life?



4. Go. Make. Teach. Read Matthew 28:18-20. What commands did Jesus give His disciples before He returned to the Father? How do you see this command being lived out in Paul's mission work?

5. Paul's Passion and Partnership. Read 1 Thessalonians 2:17-20. What words does Paul use to describe his love for other believers?

6. Joyful and Steady. What is the most inspiring reminder you read in today's study? How will this help you live with joy and steadiness that is rooted in God?

Lesson One Day Four

Memorize & Meditate

- 1.  **Pray:** for your family.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 1:1-18a; Ps. 16:1-2
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Welcome to Day Four! As you read through Philippians, you'll also walk alongside another voice of Scripture—Psalm 16. This psalm is filled with themes of joy, security, hope, and God's steady presence, making it a perfect companion to Paul's letter. Each day, you'll read a few verses from Psalm 16 alongside your passage in Philippians. Think of it like hearing a harmony line in a song: the Old Testament psalm and the New Testament letter singing together about the same faithful God.

As you read, pause and reflect. Let Psalm 16 help you see how God's Word has always pointed His people toward joy and steadiness in Him.

Thinking Back...

1. **Remember & Relate:** Imagine you are reading yesterday's passage with a friend who has never read the Bible or even been to church. What questions do you think they would have?

1)

2)

Making Connections...

2. **Relating to the Word.** Read Psalm 16:1-2. What does it mean for you to depend on God alone for good?



Lesson One Day Four

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.
yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit
brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus



3. **Read Philippians 1:1-18a.** Notice Paul's tone. What words or phrases stand out to you about his relationship with the Philippians?

4. **Learning from the Apostle.** What surprised or encouraged you most about Paul's opening to this letter?

5. **Joyful & Steady:** How does seeing Paul rejoice even in chains, and David declare that God is his only good, encourage you to trust God in your own circumstances?

IT'S GREEK TO ME



ἑπιστολή

(ep-is-tol-ay')

a written message

Literally: a letter

BIBLE STUDY TIPS

An "epistle" is a unique genre. You read it differently than reading the Psalms, Prophets, or Narrative. Remember that you are reading someone else's mail - personal words written to real people in a real time.

Lesson One Day Five

Memorize & Meditate

- 1.  **Pray:** for your church leaders.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 1:18b-2:11; Ps. 16:3-4
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Thinking Back...

1. **Remember & Relate:** Thinking about yesterday's passage, recall one name, idea, phrase, truth, etc., that stands out to you:



Making Connections...



2. **We are people who** enthusiastically and intentionally dwell in the Word and let the word of Christ dwell in us richly." What would this look like if you were not enthusiastic or intentional in how you got into the Word?

1) Not Enthusiastically:

2) Not Intentionally:

3. **Relating to the Word** Read Psalm 16:3-4. How do these verses shape your view of God's people and your place among them?



Lesson One Day Five

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage - a word, idea, or reference you want to understand better.

4. **Read Philippians 1:18b-2:11.** Watch for how Paul talks about life, death, and Christ. What does this reveal about his focus? Where do you see joy or humility in these verses?



BIBLE STUDY TIPS

Use the footnotes and cross-references in your Bible. They'll guide you to related verses and help you see connections across Scripture.

5. **Joyful & Steady:** Where do you see joy linked with humility in today's readings? How might delighting in Christ and His people make your life more steady?

Lesson One Day Six

Memorize & Meditate

- 1.  **Pray:** for neighbors.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 2:12-30; Ps. 16:5-6
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Thinking Back...

1. **Remember & Relate:** What two words did you select to summarize yesterday's passages? Why did you select those words?

Making Connections...

2. **Pray-Partner-Plan-Prioritize.** These are the 4-Ps of the Dwelling Richly approach. (page 9).
 How does prayer fit into your time in the Word?

3. **Relating to the Word** Read Psalm 16:5-6. Where do you see God's hand providing for and securing your life?

Lesson One Day Six

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage – a word, idea, or reference you want to understand better.

4. **Read Philippians 2:12-30.** notice the people Paul highlights. What do their examples teach you about following Christ? How do Paul's words about Timothy and Epaphroditus encourage you about serving in community?



5. **The Prayer Connection.** How would prayer provide the help you need to understand and apply the truths from these passages?

6. **Joyful & Steady:** Paul points to faithful friends, and David declares that God secures his life. How do both truths—community and God's provision—steady your faith?

BIBLE STUDY TIPS

Try reading in a different translation.

Sometimes a fresh wording makes you notice details you might otherwise miss. We usually use the English Standard Version (ESV) in this study. The New International Version (NIV) and New English Translation (NET) are also good for Bible study.

Need more clarity? Try reading a paraphrase like the J.B. Philipps or the Living Bible. These are good for clarity, but not for true study.

Lesson One Day Seven

Memorize & Meditate

- 1.  **Pray:** for neighbors.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 3:1-21; Psalm 16:7-8
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Thinking Back...

1. **Remember & Relate:** What was your favorite verse or passage from yesterday's reading? Why?

Making Connections...

2. **Pray-Partner-Plan-Prioritize.** These are the 4-Ps of the Dwelling Richly approach. (page 9).



How does "partner" fit into your time in the Word?

3. **Relating to the Word** Read Psalm 16:7-8. What does it look like for you to keep your eyes on the Lord today?

Lesson One Day Seven

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage – a word, idea, or reference you want to understand better.



4. **Read Philippians 3:1-21.** Paul talks about his past, present, and future. As you read, what contrasts do you notice? Which verse in this chapter would you want to come back to and think about more deeply?

BIBLE STUDY TIPS

Avoid commentaries for now. Let Scripture speak for itself as you observe and ask questions.

Commentary is helpful later, but start with your own engagement.

Let Scripture interpret Scripture. Pray and ask the Holy Spirit to help you. Trust Him. He will.

5. **The Partner Connection.** How would partnering help you understand and apply the truths from these passages?

6. **Joyful & Steady.** Paul presses forward toward Christ, and David sets the Lord always before him. What might it look like for you to keep your eyes on Jesus this week?

Lesson One Day Eight

Memorize & Meditate

- 1.  **Pray:** for neighbors.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 4:1-9; Psalm 16:9-10
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Thinking Back...

1. **Remember & Relate:** If you taught yesterday's passage to a group of 5-year-olds, what would be the easiest part? What would be the hardest?

Making Connections...

2. **Pray-Partner-Plan-Prioritize.** These are the 4-Ps of the Dwelling Richly approach. (page 9).
 Does the "plan" part come easy for you or is it challenging...or is it both?! Share why...

3. **Relating to the Word.** Read Psalm 16:9-10. How does trusting in God bring joy and rest to your whole being?

Lesson One Day Eight

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage - a word, idea, or reference you want to understand better.

4. **Read Philippians 4:1-9.** What instructions or encouragements does Paul give here? Which feel especially practical or personal?



BIBLE STUDY TIPS

Explore the maps and resources in your Bible. Where is Philippi? What do you learn about the geography or culture? Context matters - and geography is part of that context..

5. **The Plan Connection.** How can making a wise plan help you live out the truths of these passages from Philippians?

6. **Joyful & Steady.** Both Paul and David describe peace and rest that go deeper than circumstances. Where do you need to let God's presence bring steadiness to your mind and heart?

Lesson One Day Nine

Memorize & Meditate

- 1.  **Pray:** for your neighbors.
- 2.  **Memorize:** Phil. 1:6
- 3.  **Read:** Phil. 4:10-23; Psalm 16:11
- 4.  **Write:** (begins Lesson Two)
- 5.  **Community:**
- 6.  **Worship:** _____

Thinking Back...

1. **Remember & Relate:** If you could describe the Christian life based on yesterday's reading, what would you include?



Making Connections...

2. **Pray-Partner-Plan-Prioritize.** Prioritize is the final of the "4 P's". How does prioritize connect to each of the others - Pray, Partner, Plan?



3. **Relating to the Word** Read Psalm 16:11 Where do you sense God leading you into life and joy right now? Write you favorite verse from Psalm 16 here:



Lesson One Day Nine

Dwelling in the Word...

As you read each passage look for the following and highlight them in your Bible.

yellow or **orange** -Wow! Big Idea! So Important! / **blue** -Truth about God/Holy Spirit

brown - people / **green** - places / **pink** -- cross reference to OT or NT / **red** - Jesus

ALSO: Write questions you have about that passage – a word, idea, or reference you want to understand better.

4. **Read Philippians 4:10-23.** Notice how Paul talks about needs, generosity, and God's provision. What stands out most to you?



BIBLE STUDY TIPS

Remember: The Bible was written for us, but not to us. It first spoke to the Philippians in their world. We learn best when we understand that world and then apply it to ours.

5. **The Priorities Connection.** What did today's passage from Philippians reveal to you about Paul's priorities?

6. **Joyful & Steady** Paul has learned contentment, and David rejoices in God's path of life. What is one way you can practice joy and steadiness in Christ as you move forward?

Over these past days, you've read every verse of Philippians and walked through the whole of Psalm 16. Together, they have reminded us that joy and steadiness don't come from circumstances, but from God Himself who is our refuge, our joy, and our steady rock.

Paul, chained in prison, and David, surrounded by uncertainty, both point us to the same truth: God alone secures our life and fills us with joy in His presence. As you move forward, carry with you the harmony of these two voices—one from the Old Testament, one from the New—both calling us to live joyful and steady because of the unshakable God we serve.



Lesson One Day Ten

Memorize & Meditate

- 1.  Pray...for humility
- 2.  Memorize Phil. 1:6

- 3.  Community
- 4.  Worship _____

...Create and Share...



Welcome to Day Ten! This day of each lesson is to take what we've been dwelling upon, create a way to express it, and then share it. This is a day for expressing and connecting in our Dwelling Richly community.

Who set the example for us to create and share? Jesus. He was the ultimate example to us of exactly what this day is set aside for...creating and sharing. We were made in His image - to do and be and live like Him. We are most like Jesus when we imitate Him and live up to His image within us.

By dwelling then creating and sharing we are fulfilling what we have been called to do, "be imitators of God as dearly loved children." Create from what you have read and share that in a way that is personal to you.

You might not think of yourself as creative, but I hope you'll grow in this area and really embrace the spirit of creating and of sharing. Embrace this time in each lesson. Challenge yourself if it's out of your comfort zone to "create."

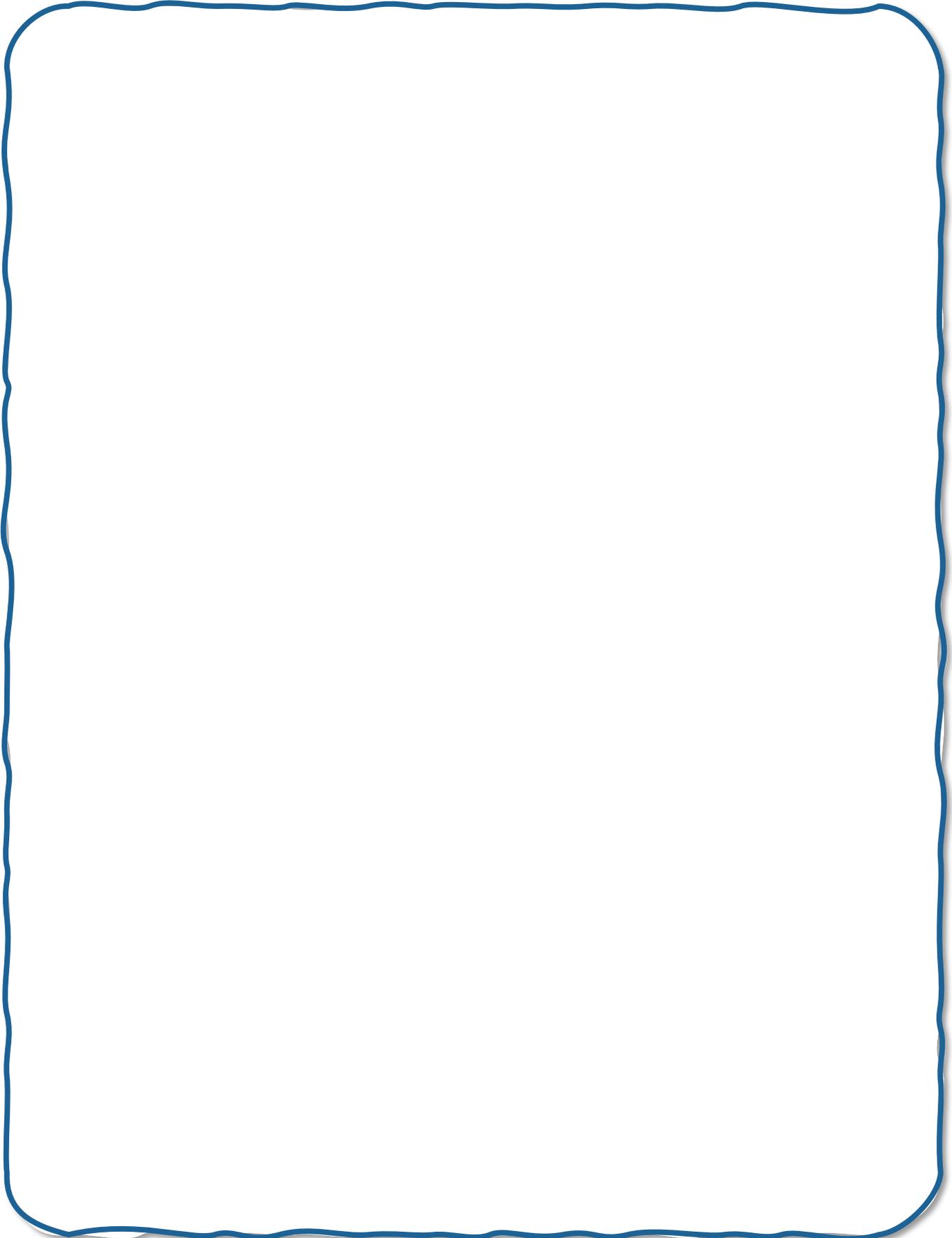
For this lesson:

1. **Consider** the theme, "Joyful and Steady." Now that you have let the Word of Philippians dwell in you richly, what images come to your mind? What do you think of when you consider being "joyful and steady?"
2. **Sit** with your Bible open, worship music playing, and let the Word dwell in you as you create a way to express what you have learned so far through Philippians about being joyful and steady in Christ.
3. **Create** by drawing or using images from magazines, clip art, internet, etc. Create a collage or drawing that illustrates the theme of Philippians to you. Maybe just words that come to mind. Use the next page or a page of your own.
4. **Share** with a friend, your family, or study buddy. Let them hear what God has been showing you.

The important thing is that you create and share from the time you spent dwelling in the Word, and that you "let the Word of God dwell in you richly."



Lesson One Day Ten



Lesson 2

Philippians 1:1-30

He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Lesson Two

Day 1 Grace



Grace Group

Open with Prayer, recite Philippians 1:6, then share your responses to each day of Lesson One.

<u>DAY</u>	<u>PAGES</u>	<u>Thinking Back</u>
Day 1...	15-16	Share something you learned, loved, or were encouraged by from the previous message or time with your Grace Group.

Share Your Responses to the following:

Day 2...	19-20	#s 2 & 3
Day 3...	21-22	#s 2, 3, & 6
Day 4...	23-24	#s 2, 3 - What was helpful about today's Bible Study Tip (BST)?
Day 5...	25-26	#s 2 & 3
Day 6...	27-28	#s 2 & 4
Day 7...	29-30	#s 2 & 4 - How is the reminder to "Let Scripture Interpret Scripture" helpful for you?
Day 8...	31-32	#s 2, 4, & 6
Day 9...	33-34	#s 2 & 4
Day 10...	35-36	Share your "Create & Share"



Lesson Two

Teaching Time

Dwelling Well Through Philippians.



Watch/Listen to this message on the "Dwelling Richly" podcast - YouTube, Spotify, Audible, or any platform/app you enjoy

Lesson Two

Day by Day

An overview of this lesson. Use the checklist to help you plan your "TWiG" time. (Time With God)



<input checked="" type="checkbox"/>	<u>My Dates</u>	<u>Day</u>	<u>Content</u>
		1	Grace Groups & Teaching <u>Read Philippians</u>
<input type="checkbox"/>	_____	2	1:1-30
<input type="checkbox"/>	_____	3	1:1-2
<input type="checkbox"/>	_____	4	1:3-6
<input type="checkbox"/>	_____	5	1:7-11
<input type="checkbox"/>	_____	6	1:12-14
<input type="checkbox"/>	_____	7	1:15-18a
<input type="checkbox"/>	_____	8	1:18b-26
<input type="checkbox"/>	_____	9	1:27-30
<input type="checkbox"/>	_____	10	Create & Share

...Memorize & Meditate...

Philippians 1:21

For to me to live is Christ, and to die is gain.
(ESV)

(Memorize from any translation.)



Lesson Two

My Heart to Yours



Here we are, turning the page into Philippians chapter one. I'm smiling as I think about just how much "life" is packed into these thirty verses. Paul writes from prison, and yet every line drips with joy and gratitude and even hope! Isn't that just what we need? I know I do.

Life doesn't wait for perfect circumstances before it piles things on. Like that load of laundry in the hamper—it just keeps growing. And even if we get it into the washer...that's the day the washer decides to break? Deep sigh. Wet laundry. A call to a friend for ideas, then a repair person, and suddenly what began as a day with its normal flow is interrupted.

What if this is life—the interruptions, the waiting, the not-yet-resolved places? There's actually a word for this: *liminal*. It comes from the Latin word for threshold. It's the in-between space, the doorway. You're not where you were, but you're not yet where you're going. Paul lived there—between life and death, longing to be with Christ yet committed to remain for the Philippians' progress and joy. God's people have always lived in liminal spaces—Israel in the wilderness, David in the caves, the church awaiting Christ's return.

That's where we find ourselves too. Already saved, not yet home. And in that space we discover that God is not absent; He is powerfully present. That's why Paul can rejoice even in prison. That's why you and I can rejoice even when life feels like one long series of interruptions.

As we open Philippians together, let's step into this chapter with minds ready to be taught anew, hearts ready to meet God in the "in-between." And let's lift our voices with the hymn writer, who captured Paul's very heartbeat:

*Living, He loved me; dying, He saved me;
Buried, He carried my sins far away;
Rising, He justified freely, forever;
One day He's coming: O glorious day!*

Let's enter with that posture. Let's set our mind to be taught anew with a heart open to God's Word even in the middle of the broken "spin cycles" of our own lives. We live in the now even as we look to that glorious day.

I pray that the Lord will teach us in the laundry piles, the interruptions, the mundane, and the unexpected. May His Word reshape our perspective and steady our joy in Him.

Eyes on Him,

 Jennifer



Lesson Two Day Two

Memorize & Meditate

- 🙏 **Pray:** for fresh eyes in the Word
- ✍️ **Write:** (begins Day Three)
- ❤️ **Memorize:** Phil. 1:21
- ❤️ **Community:** Share in the group.
- 📖 **Read:** Philippians 1:1-30
- 🎵 **Worship:** _____

"I study my Bible as I gather apples. First, I shake the whole tree that the ripest may fall. Then I shake each limb, and when I have shaken each limb, I shake each branch and every twig. Then I look under every leaf."
-Martin Luther

Thinking Back...

1. **Remember & Relate:** Write 1-2 points from the message or encouragement from Grace Groups you want to remember.

- 1)
- 2)

! Missed the previous session? You can catch up! Listen to the Dwelling Richly podcast today.

D.W.E.L.L.

In Lesson One we shook "the whole tree" Now, we go out on a limb and shake again looking for fruit by dwelling in the Word one limb, branch and twig at a time. Day Two of each Lesson going forward is a mini version of what we did in Lesson One. It's a chance to dwell again deeper in God's living Word. Page 7 has a helpful guide for how to highlight in your Bible as you read and note the key people, places, and ideas.

Use the word "**DWELL**" as a guide to help you begin to study each passage:

yellow	-- key ideas
orange	-- memory verses
blue	--God/Holy Spirit
brown	-- people
green	-- places
pink	-- prophecy
red	-- Jesus

D-Discover: The who, to whom, what, where, when; Summarize the passage

W-Wonder: Ask questions: What does this word or idea mean? What is God revealing?

E-Examine: What's the context? New or repeated words, phrases, or concepts?

L-Link: Note cross-references with other Scriptures Old or New. Connect to a worship song.

L-Live: What is God asking you to live out in your life? Confess or submit to Him?

Discover - Wonder - Examine - Link - Live...DWELL

2. **Read Philippians 1:1-2.** Note your observations. Use the D.W.E.L.L. categories to help you. For these verses, consider especially the D and the W.



Lesson Two Day Two

3. Read **Philippians 1:3-6**. What "DWEELL" observations can you make?

4. Read **Philippians 1:7-11**. What is one word in this passage that you would like to understand better? Why?

5. Read **Philippians 1:12-14**. What are two "Hey, wait a minute..." questions someone brand new to reading the Bible might ask if they read these verses?

6. Read **Philippians 1:15-18a**. Read and compare two translations of these verses. Note one difference that was helpful or interesting to you.

7. Read **Philippians 1:18b-26**. Describe Paul's tone in these verses.

8. Read **Philippians 1:27-30**. What "DWEELL" observations can you make?

9. **Joyful & Steady**. How is Martin Luther's quote describing Bible study like shaking the tree helpful to you? Do you think of Bible study in a different way than this? How so?



Lesson Two Day Three

Memorize & Meditate

 **Pray:** for your church family

 **Read:** Phil. 1:1-2

 **Memorize:** Philippians 1:21

 **Write:** Phil. 1:1-2

"Write the Word" begins today. Write each day's passage in your journal or use the "Write the Word" pages available at Bible study or online at www.jennifergrichmond.com/philippians-joyful-steady-resources/.

At the end of this study you will have all of Philippians written out by hand! Write from any translation you prefer.

Thinking Back...

1. **Remember & Relate:** What are two details that stand out to you from the Day Two overview of Philippians 1:1-30?



Connecting...

2. **Who's Who?** Highlight in your Bible (see pg 7) the names and groups mentioned in these verses.
3. **Note the Footnotes.** In your Bible you may see footnotes (a superscript letter or number) next to the following words: servants, overseers, deacons. Write the info you find for each. If your Bible does not have footnotes. Go to Biblegateway.com and open Philippians 1:1-2 in the English Standard Version. Under  (Page Options) select "Footnotes" or [Click Here](#) if you're reading the online version of this lesson.
4. **Paul's Epistles.** Get to Know Paul and those to whom he wrote. Read [the first two verses](#) of at least 6 of Paul's epistles besides Philippians Note how Paul refers to himself, others named, to whom the epistle was addressed and his tone.



Lesson Two Day Three

Dwelling in the Word...

5. **Paul & Timothy.** Τιμόθεος means “dear to God.” Think of how Paul and Timothy met, what they’ve experienced together, Paul’s feelings toward him, etc. Use a [concordance](#) to find info on Timothy and Imagine how Paul would describe Timothy. Write that description here:

6. **Servants & Saints.** By what name does Paul refer to himself and Timothy? _____ How does Paul address the church in Philippi? _____. Read the Greek and write what it meant to be called a “doulos” of Christ Jesus and a “hagios” in Christ Jesus. Do you consider yourself a “doulos” or a “hagios?” Why or why not?



7. **Overseers & Deacons.** Paul also greets “overseers and deacons.” Why do you think Paul acknowledges these leaders in his greeting? What does this tell us about the role of leadership and service in our churches?

8. **Grace & Peace.** Paul’s opening includes his trademark blessing. What do these words reveal about what God and Jesus give to His people? Read the Greek to understand the depth of meaning in these words.

9. **Joyful & Steady.** How will living as a “hagios” look as you live in this truth of your identity?



IT'S GREEK TO ME



δούλος

(DOO-los)

servant, slave

→ legally owned by another; believers who willingly live under Christ's authority

ἅγιοις

(HA-gee-oys)

set apart, holy ones, saints

→ one who is holy and set apart for God

ἐπισκόποις

(eh-PIS-ko-poy-s)

overseer, bishop

→ from epi (over) + skopos (look) with the focus of caring for others

διακόνους

(dee-AH-koh-noys)

deacon, servant, minister

→ from “dia (thoroughly) + konis (dust)” with the idea of raising up dust by moving in service

χάρις

(KHAR-ece)

grace

→ from the idea of “leaning toward to share benefit. Used of the Lord's favor

εἰρήνη

(ay-RAY-NAY)

peace, quietness,

→ literally meaning to tie together into a whole

Lesson Two Day Four

Memorize & Meditate

-  **Pray:** to be a true gospel partner
-  **Memorize:** Philippians 1:21
-  **Read:** Phil. 1:3-6
-  **Write:** Phil. 1:3-6

Thinking Back - Remember & Relate

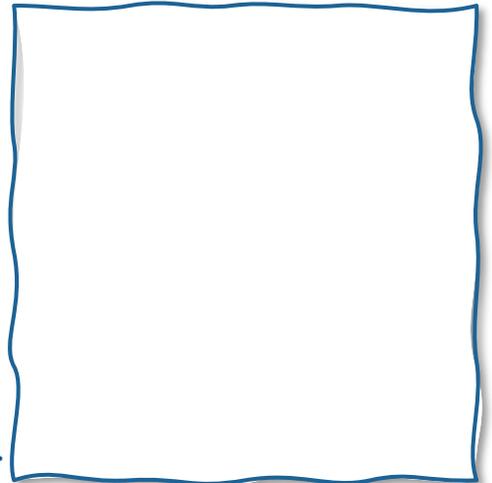
1. **Living Holy. Holy Living.** (1:1-2) How does remembering your identity as a hagios in Christ encourage you as you step into today's passage?



Connecting - Getting the Big Picture

2. **Hear the Word.** Read Philippians 1:3-6 aloud. What do you notice about Paul's emotions and his relationship with the Philippians? Highlight words in your Bible that express thankfulness, joy, or confidence.

3. **Map It.** Locate Philippi on a map. Where is ancient Philippi in relation to modern day Jerusalem? Where is it in relation to Rome?
Draw or describe here.



Dwelling in the Word...

Thinking Biblically: When we study Scripture, sometimes we notice how one verse teaches us a truth about God's work in salvation (that's called "soteriology"), or about the nature and mission of the church (that's called "ecclesiology"). Each passage in the Bible adds to the bigger picture of what Christians believe.

4. **Paul's Heart.** Read 1:3 carefully. How does Paul refer to God? _____ What repeated words or phrases does he use to describe his prayers and thoughts? _____. What does Paul's tone reveal to you about his priorities in prayer and relationships?



Lesson Two Day Four



5. **Prayer & Partnership.** In verses 3-4 Paul writes what he always does and how he joyfully does it. In verse 5 he tells them why. Imagine you are a Philippian hearing Paul's letter for the first time. You lived through the events of Acts 16:12-40. You know about your *koinōnia* (κοινωνία). As you listen to Paul's words, what are you remembering? How are you feeling?

6. **True Koinonia and the True Gospel.** How would partnership in the gospel look in your church today?

7. **To the End.** Verse 6 says God will bring His work "to completion" (Greek: *epiteleō*, ἐπιτελέω). What does this reveal about God's role in our salvation and sanctification? How does this give you confidence when you feel like you're not growing enough?

8. **The Day of Christ Jesus.** Paul points to "the day" (*hēmera*, ἡμέρα) of Jesus Christ. This phrase refers to Christ's return and judgment. Read 1 Corinthians 5:10. How do these verses expand your understanding of "the day of Christ"? Why does remembering this day give weight to how we live right now?



9. **Joyful & Steady.** If you really believed that God is carrying His good work in you all the way to completion, how would it change the way you face today's interruptions, struggles, or even your self-doubts? Write one way you can rest steady in this truth.

IT'S GREEK TO ME



ΚΟΙΝΩΝΙΑ

(koy-nohn-EE-ah)

partnership, fellowship

→ the close association between persons, sharing what is common

ΕΥΑΓΓΕΛΙΟΝ

(yoo-ang-GHEL-ee-on)

gospel

→ Literally: "good" + "news"

ΕΠΙΤΕΛΕΣΕΙ

(eh-pee-TEL-eh-say)

complete, accomplish, finish

→ from *epi* (over)+*teleo* (finished) the idea is taking something to its perfect end

ἡμέρας Χριστοῦ Ἰησοῦ

(hey-mer-as) (Chris-too) (ee-ay-soo)

day of Christ Jesus

→ the day of Christ Jesus is a period of judgment and vindication

Corinthians 1:8 and 2

Lesson Two Day Five

Memorize & Meditate

-  **Pray:** for love & discernment
-  **Memorize:** Philippians 1:21
-  **Read:** Phil. 1:7-11
-  **Write:** Phil. 1:7-11

Thinking Back - Remember & Relate

1. **Koinonia in My Church.** Yesterday we stepped into the shoes of the Philippians and imagined hearing Paul's words of joy and gratitude for their *koinōnia* (partnership). What stood out to you most as you pictured that?

2. **Confidence in God.** How does remembering Paul's confidence in God's ongoing work (1:6) encourage you in your walk with Christ right now?

IT'S GREEK TO ME



αἴσθησις

(ais-THAY-sis)

discernment

moral perception, insight

καρπός

(KAR-pos)

fruit

→ 1:11 - "*fruit* of righteousness"

Connecting - The Day of Christ

3. **Connecting the Day.** In verse 6 Paul looked ahead to "the day of Jesus Christ," and in verse 10 he will pray that the Philippians would be pure and blameless for that day. The Old Testament often speaks of "the day of the Lord" (see Amos 5:18 or Joel 2:31), and Jesus spoke about a coming day of judgment and joy (see Matthew 24:36 or John 5:28-29). How does remembering these passages shape your understanding of what Paul means by "the day of Christ"?

Dwelling in the Word

4. **You'll Be in My Heart.** Paul says, "It is right for me to feel this way about you all, because I hold you in my heart." How do you think the Philippians would have felt hearing this? How do you feel reading it?

Lesson Two Day Five

5. **Partakers of Grace.** Paul names two ways the Philippians are sharing in or partakers in grace. Read 1:7 and note these two ways.

6. **The Way of Love.** Notice the two ways (1:9) and to what end (1:10-11) that Paul prays their love would abound. Read the Greek to understand the biblical definitions of discernment/insight. Consider also Ephesians 4:15 and 1 Corinthians 13:4-7. How does getting the complete picture of the biblical way of love impact your thoughts on how you are loving today?



7. **God's Work in Us.** In verse 10, Paul prays that they would be "pure and blameless for the day of Christ." Compare this with verse 6. How do these verses together give a picture of God's work in us and our responsibility in Him?

8. **The Ultimate Prayer.** Paul ends his prayer with a vision of being "filled with the fruit of righteousness that comes through Jesus Christ." Where else in Scripture do you hear similar imagery? (Consider John 15:1-8; Galatians 5:22-23.) What connections do you see?

9. **Joyful & Steady.** Paul's prayer is not just for the Philippians—it is for us too. If your love were to "abound more and more" in knowledge and discernment, what would that look like in your life this week? Write one specific way you want to live this out.



Lesson Two Day Six

Memorize & Meditate

- 🙏 **Pray:** for boldness in hard places
- 📖 **Read:** Phil. 1:12-14
- ❤️ **Memorize:** Philippians 1:21
- ✍️ **Write:** Phil. 1:12-14

Thinking Back

1. **That Kind of Love.** Yesterday Paul prayed that love would abound more and more in knowledge and discernment. How might that kind of love prepare believers to face suffering for Christ?
.....
2. **Perspective from Prison.** Paul was confident God would bring His good work to completion. How does remembering this promise shape your perspective as we step into Paul's testimony from prison?
.....

Connecting - Asking Good Questions

3. **Knowing the Backstory.** Read verse 12 carefully: "I want you to know, brothers, that what has happened to me has really served to advance the gospel." Pause and ask: What exactly has happened to Paul? (Hint: Look back to Acts 21-28 for the story of Paul's arrest, trials, and imprisonment.) How does knowing the backstory help you feel the weight of his words?
.....
4. **Comfort or Comfortable?** Notice the phrase "advance the gospel." What emotions or images come to your mind when you hear that? How does it reframe the way we usually think about comfort, success, or "the good life"?
.....

Dwelling in the Word...

5. **Footnote Focus** The ESV says "brothers" (1:12 adelphoi, ἀδελφοί), with a footnote explaining it can also mean brothers and sisters. The NIV and NET translate it that way. Why is it important to slow down and notice footnotes like this? What does it show us about Paul's relationship with the whole church in Philippi?
.....

Lesson Two Day Six

6. **Footnote Focus** Verse 13 says Paul's chains are known "throughout the whole imperial guard." Check the footnotes in your Bible. The ESV/NIV/NET/NASB note that the Greek can mean "praetorian guard" or "palace." What difference does it make to know this could be referring to Caesar's elite guards or the imperial household? How does that highlight the reach of the gospel?

7. **Advancing the Gospel.** The word "advance" is a military term used of an army making progress despite obstacles. How does Paul's perspective in prison contrast with prosperity-preaching ideas that following Jesus means life will get easier? Compare with Joseph in Genesis 50:20 or Jeremiah in Lamentations 3:21-24. How does biblical theology consistently show God's purposes moving forward through suffering?

8. **Courage and Fearlessness.** Verse 14 says most believers have become "confident in the Lord" and "much more bold to speak the word without fear." Where else in Scripture do you see God's people grow bold because of suffering? (Consider Daniel 3:16-18, Acts 4:29-31, Hebrews 10:32-34.) What connections do you notice?

9. **Missional Living.** Paul did not need a comfortable life to prove God's blessing. How does his example challenge common cultural assumptions about safety, success, and happiness? How might this shift your own view of what it means to live on mission for Christ?

10. **Joyful & Steady.** If your circumstances were flipped upside down like Paul's—your plans disrupted, your freedoms restricted—how would you want the gospel to be advanced through your situation? What would it look like for you to be bold and fearless right where God has placed you today?

IT'S GREEK TO ME



ἀδελφοί

(ah-DEL-foy)

brothers, inclusively
referring to brothers and
sisters

πραιτώριον

(prai-TOR-ee-on)

guard, palace, or imperial
guard

→ 1:13 - referring to the
elite soldiers of Caesar or
possibly the palace itself

Lesson Two Day Seven

Memorize & Meditate

-  **Pray:** to keep Christ central
-  **Memorize:** Philippians 1:21
-  **Read:** Phil. 1:15-18a
-  **Write:** Phil. 1:15-18a

Thinking Back

1. **Remember & Relate.** Yesterday we saw that Paul's imprisonment actually advanced the gospel. How does that truth encourage you to rethink difficult circumstances in your own life?



2. **Pray Like Paul.** Think back to Paul's prayer (1:9-11). How might abounding love with discernment help us respond wisely to envy, rivalry, or selfish motives in ministry?



Connecting - Seeing the Big Picture

3. **Heart the Word.** Read 1:15-18a aloud. What two groups does Paul describe, and how do their motives differ? Circle or underline the contrasting words.



4. **Message or Messengers?** Even though Paul recognizes selfish motives, he rejoices that Christ is proclaimed. Why do you think he chooses to focus on the message rather than the messengers in this case?



Dwelling in the Word...

5. **Eyes Wide Open.** Paul is not blind—he names envy, rivalry, goodwill, and love. How does this show us that Christian maturity isn't pretending problems don't exist? How do we keep our eyes open without becoming consumed by negativity?



Lesson Two Day Seven

6. **Keeping Christ Central.** Compare Paul's words here with 1 Corinthians 1:23 ("we preach Christ crucified"). What does Paul's focus teach us about keeping the gospel central when ministry gets messy?

7. **Biblical Theology Connection.** Where else in Scripture do you see God's truth proclaimed through people with mixed motives? (Think of Balaam in Numbers 22-24, Caiaphas in John 11:49-52, or Jonah.) What do these accounts teach about God's ability to use even imperfect instruments?



8. **Discernment vs. Dismissal.** Paul doesn't excuse envy and rivalry, but he doesn't let them derail him either. What is the difference between discernment (naming wrong motives) and dismissal (ignoring them)? Why do you think this balance matters for the health of the church?

9. **Ministry is Hard.** Paul's words remind us that gospel work often comes with pain, opposition, and even betrayal. How might this passage encourage you to endure faithfully when ministry and relationships are difficult?



10. **Joyful & Steady.** Think about a time when you were tempted to get stuck on someone's motives or behavior. What would it look like, in that moment, to keep your eyes on the Cross and rejoice that Christ is being proclaimed?



Lesson Two Day Eight

Memorize & Meditate

 **Pray:** for your Grace Group

 **Memorize:** Philippians 1:21

 **Read:** Phil. 1:18b-26

 **Write:** Phil. 1:18b-26

Thinking Back

1. **Remember & Relate.** Yesterday we saw Paul recognize envy and rivalry in ministry, yet he kept his eyes on Christ proclaimed. How does remembering that help prepare you for today's passage?

2. **Read the Letter.** Our Bibles have chapter and verse numbers, but Paul's letter would have been one flowing text. In fact, verse 18 is divided in a way that breaks his thought. How does remembering that the Bible wasn't originally divided this way help you read it more naturally?

Did You Know?

Paul didn't write his letters with chapters and verses! His words flowed like a normal letter. Chapter and verse divisions were added centuries later to help us read, study, and reference Scripture more easily.

Chapters: added ~1227 A.D. by Stephen Langton, Archbishop of Canterbury.

Verses: added in 1500s by Robert Estienne, a French printer, who published a Greek New Testament and later the Geneva Bible.

These numbers are helpful tools, but sometimes they break up Paul's thoughts in ways he never intended. Reading *flowingly* as a letter helps us catch the heart of his message.

Dwelling in the Word

3. **Rejoice! Yes, Rejoice!** This is the second time Paul has mentioned rejoicing in this chapter. The Psalms often speak of rejoicing even in dark times (see Psalm 5:11, 13:5-6, 63:7). What do you learn about biblical rejoicing when you compare Paul's words here with David's prayers? How is this kind of rejoicing different than just ignoring reality?

4. **Prayer & the Spirit.** In verse 19 Paul says his situation will "turn out for my deliverance through your prayers and the help of the Spirit of Jesus Christ." What does this teach us about the role of prayer in God's work? About the Spirit as our Helper (compare John 14:16-17)?

Lesson Two Day Eight

5. **Courage & Honor.** Paul speaks of “eager expectation and hope” (apokaradokia) that he will have “full courage” (parrêsia) so that Christ will be honored in his body, whether by life or death. How do you understand Paul’s kind of courage? Where else in Scripture do you see courage tied to honoring God?



6. **Living & Dying.** Write or sketch what you think of when you consider Phil. 1:21 (our memory verse). **Ideas:** Make a list of what “living for Christ” means in your daily life. Or: draw, journal, or write a poem that expresses “dying is gain”



7. **Fruitful Labor.** Paul says living means “fruitful labor” (v. 22). The Greek word *karpos* (fruit) is tied to John 15:5 (“bear much fruit”) and Galatians 5:22–23 (fruit of the Spirit). What do you think Paul means by fruitful labor? How does this connect to your own purpose in Christ?

8. **The Now & the Not Yet.** Paul is torn between wanting to depart to be with Christ and wanting to remain for the sake of the Philippians. My grandmother used to say, “Don’t be so heavenly minded that you’re of no earthly good.” How do Paul’s words show us a balance between longing for heaven and living faithfully on earth?

9. **Progress and Joy.** Paul says he wants to remain for the Philippians’ “progress and joy in the faith.” How do you think “progress” and “joy” go together in the Christian life? How have you experienced this yourself?

10. **Joyful & Steady.** Paul’s mission was that others would “have ample cause to glory in Christ Jesus” because of his life (v. 26). What would it look like for your life this week to give someone else cause to glory in Christ? Be specific.



IT'S GREEK TO ME
⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘⌘
ἀποκαρδοκία
(ap-oh-kar-ah-do-kia)
eager expectaion
ἐλπίς
(el-pis)
hope
παρρησία
(par-reh-sia)
full courage, boldness

Lesson Two Day Nine

Memorize & Meditate

-  **Pray:** for unity and strength
-  **Memorize:** Philippians 1:21

-  **Read:** Phil. 1:27-30
-  **Write:** Phil. 1:27-30

Thinking Back

1. **Remember & Relate.** Paul has spoken of rejoicing, courage, and fruitful labor. How do these truths prepare us to hear his strong call in verses 27-30?

Dwelling in the Word...

2. **Footnote Focus.** Read verse 27. The ESV footnote shows “manner of life” (Greek: politeuomai) can also mean “conduct as citizens.” What do other translations (NIV, NET, NASB) note? Why might Paul use citizenship language here (think Philippi as a Roman colony)?

3. **Firmness Required.** Paul says “stand firm in one spirit.” Where else in Scripture do you see God’s people called to stand firm? (Look at Exodus 14:13, Joshua 1:6-9, Ephesians 6:13-14, 1 Peter 5:9.) Why do you think the Christian life requires standing firm?



Lesson Two Day Nine

4. **Unity isn't Uniformity.** Paul urges the Philippians to be "of one spirit, with one mind, striving side by side for the faith of the gospel." How is this different from being pressured into one opinion or one church creed? What does "striving side by side" look like in the church today?

5. **Cozy or Courageous?** Verse 28 says their courage is "a clear sign to them of their destruction." Why would Paul use such strong language? How does this verse challenge soft or "cozy" views of Christianity?

6. **The Gift of Suffering?** Verse 29 says it has been "granted" not only to believe in Christ but also to suffer for His sake. How does this reframe the way we think about suffering? Compare with Acts 5:41 and 2 Timothy 3:12.



7. **A Shared Struggle.** Paul says the Philippians are "engaged in the same conflict" that he has. What does this tell us about the nature of Christian life? How do you see this truth echoed in your own walk with Christ?

8. **Meek or Weak?** Paul refuses to equate meekness with weakness. True meekness is strength under God's control, standing firm in holiness and the gospel. Where do you need to stop being passive and instead stand firm with courage this week?

9. **Joyful & Steady** Paul reminds the Philippians (and us) that believing in Christ and suffering for His sake are both gifts of grace. Their testimony—and his—shows that joy and steadiness are not found in ease but in standing firm together in the gospel, even through conflict. How do Paul's and the Philippians' testimonies challenge you to rethink what it means to live joyful and steady in Christ? In what ways does their example press you to see suffering not as failure, but as fellowship with Christ?



Lesson Two Day Ten

Memorize & Meditate

- 1. 🙏 **Pray...** for joy in this season
- 2. 📖 **Memorize** Phil. 1:21

- 3. ❤️ **Community:** share your creation
- 4. 🎵 **Worship** _____

...Create and Share...

We don't often use the word *liminal*, but it perfectly describes much of the Christian life. Liminal comes from a Latin word meaning "threshold"—like standing in a doorway between two rooms. It's the in-between space: not where you started, but not yet where you're going.

In Scripture, God's people often lived in liminal spaces—Israel in the wilderness, David waiting for the throne, the church awaiting Christ's return. Paul in Philippians 1 is also in that place: longing to be with Christ, yet knowing his work on earth is not yet done.

Paul lived in the tension of the "in-between." He longed to be with Christ, yet knew his work was not finished here (1:21–26). This is the liminal state of every believer: already saved, not yet home. C.S. Lewis wrote: "Our Father refreshes us on the journey with some pleasant inns, but will not encourage us to mistake them for home."

Paul has challenged and encouraged us with his testimony. 2000 years later and his boldness and fierce focus on the cross keeps me longing for that kind of strength in my own life and in this liminal time I long for Home while I wait and work here...eyes always on Him.

Your Turn

Choose one of the following ways to create and share. Use the space on the next page to create, then share it in our group and with a friend, spouse, family and encourage one another with what God is teaching you.

Write:

Create a short reflection, prayer, or journal entry about a place in your life that feels "liminal"—in-between. How does the promise of Christ's return give you courage in that space?

List: Make two columns:

"Already" ...what God has already done in Christ for me.

"Not Yet" ...what I long for Him to complete on the day of Christ.

Then write one sentence of hope that bridges them.

Art/Poetry:

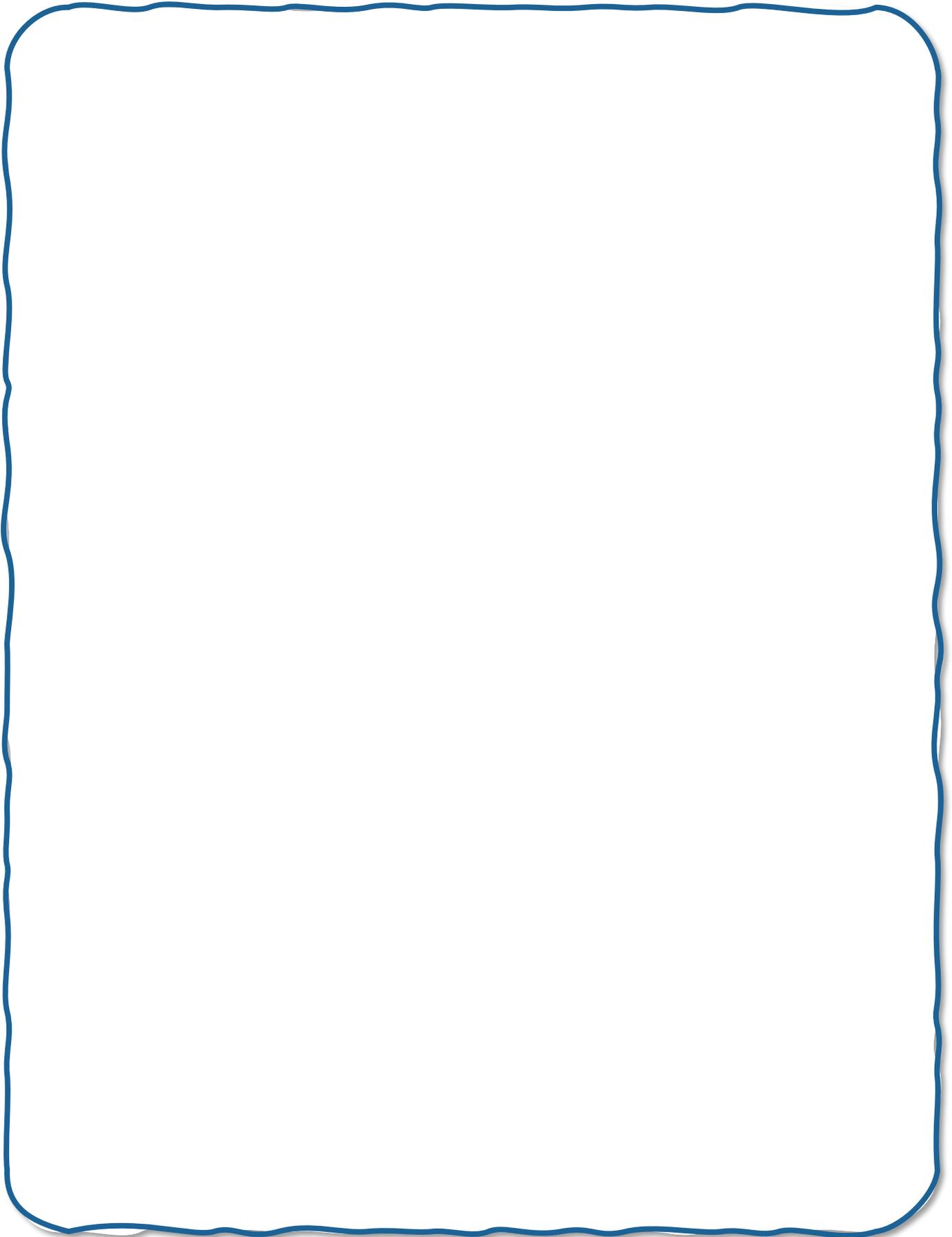
Sketch an image of "in-between" (e.g., standing in a doorway, sunrise breaking through night, chains falling while a crown awaits).

OR write a short poem or new verse to "O Glorious Day" that reflects your own "already/not yet" story.

In the liminal, we wait. But our waiting is never wasted. It is a place of hope, growth, and joy in Christ. How will you live joyful and steady in this "in-between" today?



Lesson Two Day Ten





Lesson 3

Philippians 2:1-30



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Lesson Three

Grace Group

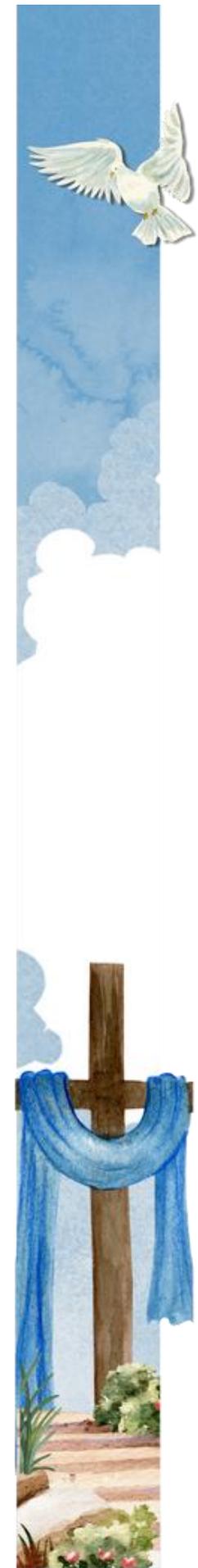
In Lesson Two we covered Philippians chapter one.

<u>DAY</u>	<u>PAGES</u>	<u>Thinking Back</u>
Day 1...	15-16	Share something you learned, loved, or were encouraged by from the previous message or time with your Grace Group.

Share Your Responses to the following from the previous lesson:

Day 2...	43-44	#'s 4, 9
Day 3...	45-46	#'s 4, 6, and 9
Day 4...	47-48	#'s 1, 4, 5, and 9
Day 5...	49-50	#'s 2, 3, 6, and 9
Day 6...	51-52	#'s 4, 5, 9, and 10
Day 7...	53-54	#'s 5, 7, 9, and 10
Day 8...	55-56	#'s 3, 6, and 10
Day 9...	57-58	#'s 3 and 10
Day 10...	59-60	Share your "Create & Share"

Next Up: Teaching review for Lesson Two. Take notes on the next page.



Lesson Three

Teaching Time

Philippians 1:1-30 || Joy in the In-Between



Watch/Listen to this message on the "Dwelling Richly" podcast - YouTube, Spotify, Audible, or any platform/app you enjoy

Lesson Three



Day by Day Planner

An overview of this lesson. Use the checklist to help you plan your "TWiG" time. (Time With God)

<input checked="" type="checkbox"/> <u>My Dates</u>	<u>Day</u>	<u>Content</u>
Write your study dates on the lines below	Day 1	Grace Groups & Teaching
<input type="checkbox"/> _____	Day 2	<u>Read & Write Philippians</u> Read Philippians 2:1-30
<input type="checkbox"/> _____	Day 3	Read & Write 2:1-4
<input type="checkbox"/> _____	Day 4	Read & Write 2:5-8
<input type="checkbox"/> _____	Day 5	Read & Write 2:9-11
<input type="checkbox"/> _____	Day 6	Read & Write 2:12-13
<input type="checkbox"/> _____	Day 7	Read & Write 2:14-18
<input type="checkbox"/> _____	Day 8	Read & Write 2:19-24
<input type="checkbox"/> _____	Day 9	Read & Write 2:25-30
<input type="checkbox"/> _____	Day 10	Create & Share

...Memorize & Meditate...

Philippians 2:3

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.
(ESV)

(Memorize from any translation.)



Lesson Three

My Heart to Yours

I have a confession: I like to be right. I like to be comfortable. I like when things go my way. It's embarrassing how natural that comes – the mind of Jennifer.

And then I open Philippians 2.

Every time I read it, I have to slow down. I can't rush through this chapter; it stops me right in my tracks. These verses are like standing at the edge of the Grand Canyon of Scripture. You read them, and you just know you're standing on holy ground.

Suddenly, all my small frustrations and self-justifications shrink under the weight of something glorious – the "Christ Hymn." These verses stop me cold. They sing with beauty and ache, reverence and wonder. I can almost hear the melody rise and fall as I read:

! *"Though He was in the form of God, He did not count equality with God a thing to be grasped, but emptied Himself... humbled Himself... became obedient to death – even death on a cross."*

Every line pulls me lower in humility and lifts my eyes higher in awe. I read this and I'm undone. My pride melts. My excuses fall away. My heart whispers, Lord, teach me this kind of love.

The mind of Christ in His humility, obedience, and self-emptying love is breathtaking...and we are invited to have this same mind. Jesus didn't cling to His rights. He didn't demand His way. He humbled Himself, stooping all the way down to the cross. And because He did, God lifted Him high. So that every knee will bow, every tongue will confess, and all creation will resound with one declaration: Jesus Christ is Lord.

I think about that and realize how upside down our world really is. I see how different the way of Christ looks compared to the way we're told to live. Everything in our culture shouts, "Make yourself known, fight for what you deserve, protect your status!" But Jesus shows us another way: "Give yourself away."

As I've dwelled in this passage, I've felt the weight of those words, "Have this mind among yourselves." It's not a suggestion. It's a calling. It's an invitation to live cross-shaped lives, and to walk humbly with a deep love in radical surrender to Him.

The passage ahead of us is so rich with reminders of who Jesus is and who we are called to be that we could easily spend this entire study in just this one chapter and still find more to uncover six weeks from now. My prayer is that as you dwell, your heart will be stirred with fresh awe, and that you'll see our precious Jesus in all His humility and glory, and that His love will reshape the way you think, speak, and serve.

Let these words sink deep quieting and lifting you. Begin with the Create & Share also in mind so that you will be ready on Day Ten. Whether you write, sing, draw, or pray, let your worship rise from the same place this hymn began – the humble and exalted heart of Christ.

Eyes on Him,

 Jennifer



Lesson Three Day Two

Memorize & Meditate

- 🙏 **Pray:** for fresh eyes in the Word
- ✍️ **Write:** (begins Day Three)
- ❤️ **Memorize:** Phil. 2:3
- ❤️ **Community:** Share in the group.
- 📖 **Read:** Philippians 2:1-30
- 🎵 **Worship:** _____

The goal of Bible study is not information but transformation."
~ Howard Hendricks, "Living by the Book"

Thinking Back...

Remember & Relate: Write 1-2 points from the message or encouragement from Grace Groups you want to remember.

1)

2)

! Missed the previous session? You can catch up! Listen to the Dwelling Richly podcast today.

D.W.E.L.L.

Today we are simply reading and taking a few notes, observations, questions for each of the seven passages in Philippians 2:1-3. Page 7 has a helpful guide for how to highlight in your Bible as you read and note the key people, places, and ideas. **Write one observation or question for each of the following passages.**

Use the word "DWELL" as a guide to help you begin to study each passage:

yellow -- key ideas
orange -- memory verses
blue -- God/Holy Spirit
brown -- people
green -- places
pink -- prophecy
red -- Jesus

D-Discover: The who, to whom, what, where, when; Summarize the passage

W-Wonder: Ask questions: What does this word or idea mean? What is God revealing?

E-Examine: What's the context? New or repeated words, phrases, or concepts?

L-Link: Note cross-references with other Scriptures Old or New. Connect to a worship song.

L-Live: What is God asking you to live out in your life? Confess or submit to Him?

1. Philippians 2:1-4.



Lesson Three Day Two

2. Philippians 2:5-8

3. Philippians 2:9-11.

4. Philippians 2:12-13.

5. Philippians 2:14-18.

6. Philippians 2:19-24.

7. Philippians 2:25-30.

8. **Joyful & Steady.** Consider Howard Hendricks' quote (pg 67). How would understanding this be especially helpful for a new Christian just learning how to read and study their Bible?



Lesson Three Day Three

Memorize & Meditate

-  **Pray:** for your church family
-  **Memorize:** Philippians 2:3

-  **Read:** Phil. 2:1-4
-  **Write:** Phil. 2:1-4

Remember & Relate

1. **Think back to** Philippians 1:27-30. Paul urged the church to live “worthy of the gospel” and to stand firm in one spirit. How do these opening verses of chapter 2 build on that theme of gospel unity? Write one sentence connecting chapter 1’s call to chapter 2’s appeal.

IT'S GREEK TO ME



φρονέω

(phroneo)

think, judge

→ - to set one’s mind, to think, to have an attitude (2:2, 2:5).

Central to Paul’s call for unity and the “mind of Christ.”

Dwelling in the Word

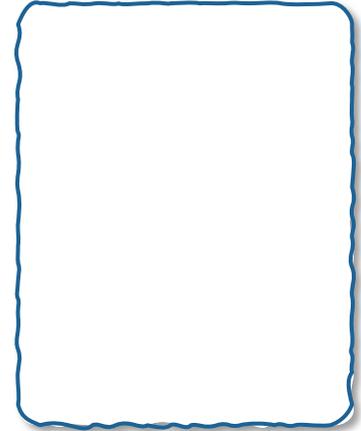
2. **Mindset Matters:** Look closely at verse 2. Paul uses the word *phroneō* (φρονέω) ...to set one’s mind or attitude.  Circle or highlight the words in vv. 2-5 where Paul talks about mindset or thinking. How does Paul define a gospel-shaped mindset? Let this verse settle in you as you consider if you are living with a mindset that is truly shaped by the gospel in the way that Paul is teaching.

3. **Side-by-Side Scriptures:** Compare Philippians 2:3-4 with Romans 12:9-16. Make a simple two-column chart: “Paul’s Call in Philippians” vs. “Paul’s Call in Romans.” What similarities stand out?

Lesson Three Day Three

4. **Prophets and Paul:** Read Micah 6:8. How do Paul's words about humility in v. 3 echo the prophet's call? Write a short reflection sentence linking the two passages. Ask God to reveal any ways in your life you need to be more in line with this way of living our your faith.

5. **Picture This:** Sketch or doodle an image that shows "looking not only to your own interests, but also to the interests of others" (v. 4). Label your drawing with one word that captures the heart of this verse.



6. **Culture Check:** How does Paul's command in v. 3 ("do nothing from selfish ambition or conceit") contrast with cultural values you see around you today (advertising, politics, social media)? Write a brief note you could use to explain the difference to a nonbeliever.



7. **Pray It Out:** Practice humility in prayer. Write out a short prayer that confesses where pride or selfish ambition creeps into your heart and ask God to give you the mind of Christ.

8. **Real-Life Relationships:** Think of a relationship in your life where unity feels strained. How could applying Paul's words in vv. 3-4 help restore that relationship?

Joyful & Steady

9. **Paul teaches** that humility is the pathway to unity and joy. Where can you practice "counting others more significant than yourself" this week ...in family, church, or work? Write down one specific step you'll take to live joyfully and steadily in the mind of Christ.



Lesson Three Day Four

Memorize & Meditate

-  **Pray:** to be a true gospel partner
-  **Memorize:** Philippians 2:3
-  **Read:** Phil. 2:5-8
-  **Write:** Phil. 2:5-8

Remember & Relate

- Thinking Back.** Yesterday we studied Paul's call to humility and unity. How does verse 5 now connect that call to the example of Jesus Himself?

IT'S GREEK TO ME



μορφή
(morphē)

form, nature

→ - to set one's mind, to think, to have an attitude (2:2, 2:5).

Central to Paul's call for unity and the "mind of Christ."

Dwelling in the Word

- Mind of the Master:** Verse 5 uses the word *phroneō* (φρονέω) ...to set one's mind or attitude. How does Paul challenge us to "have this mind" in ourselves, and why is Jesus' example essential here?



- From Glory to Servant:** Verses 6-7 use the word *morphē* (μορφή, form/nature) twice ...once of God and once of a servant. What does this teach us about Jesus' true identity before and during His incarnation?

Lesson Three Day Four

4. **The Emptying Explained:** Verse 7 says Jesus “emptied Himself”. Did Jesus stop being divine? What does it mean He gave up? Look at John 13:3-5 for a lived-out picture.



5. **Obedience to the End:** Verse 8 highlights Jesus’ obedience (*hypēkoos*) “to the point of death ...even death on a cross.” Compare this to Romans 5:19. How does Christ’s obedience contrast with Adam’s disobedience?

6. **Humility in Action:** Verse 8 says Jesus “humbled Himself” (*tapeinoō*). What would this have looked like to the Philippians living in a culture obsessed with honor and status? How does that challenge our culture today?

Joyful & Steady

7. Jesus’ humility led Him to radical obedience. Where is God calling you to lay aside your rights or preferences this week so that you can walk in the mindset of Christ?



Lesson Three Day Five

Memorize & Meditate

-  **Pray:** to have the mind of Christ
-  **Memorize:** Philippians 2:3
-  **Read:** Phil. 2:9-11
-  **Write:** Phil. 2:9-11

Remember & Relate

1. Yesterday we saw Christ's humility and obedience even to death on a cross. How does verse 9 show God's response to Christ's humility?

Dwelling in the Word

2. **God's Great "Therefore":** Verse 9 begins with "Therefore God has highly exalted Him." Why is this "therefore" so important? How does it connect the humiliation of verses 6-8 with the exaltation here?

IT'S GREEK TO ME



κύριος

(kurios)

lord, master

→ - a person exercising absolute ownership rights

3. **Name Above Every Name:** What does it mean that Jesus was given "the name that is above every name"? Compare this with Isaiah 42:8 and Acts 4:12.
4. **Every Knee, Every Tongue:** Look up Isaiah 45:23. How does Paul's use of Isaiah highlight Jesus' identity? Imagine Paul, knowing this Scripture from Isaiah long before he followed Jesus Christ and now, here Paul is, living so passionately for the One proclaimed by Isaiah!



Lesson Three Day Five

5. **Universal Confession:** Verse 11 says every tongue will confess that Jesus Christ is Lord. Why is confessing Jesus Christ as "Lord" so significant? Read Romans 10:9-13, John 13:13-14, Acts 2:36 for better understanding. Consider the difference between saying Jesus is the Christ and confessing that Jesus Christ is Lord.



6. **Culture Clash:** In Philippi, citizens proudly confessed "Caesar is Lord." How radical would it have been for Paul to say "Jesus is Lord" instead? How might that same confession clash with cultural "lords" today? Is Paul's boldness an inspiration to you? How so or not?



7. **Worship Response:** Find a hymn or worship song that declares the lordship of Christ (for example, *Crown Him with Many Crowns* or *All Hail the Power of Jesus' Name*). Write down a lyric that stirs your heart.

Joyful & Steady

8. The big truth is that one day, every knee will bow, every tongue will confess that Jesus is Lord. How can you live joyfully and steadily today in light of this truth?



Lesson Three Day Six

Memorize & Meditate

-  **Pray:** for radical obedience
-  **Memorize:** Philippians 2:3

-  **Read:** Phil. 2:12-13
-  **Write:** Phil. 2:12-13

Remember & Relate

1. We've paused to reflect on the humility and exaltation of Christ. How do verses 12-13 connect back to that? Why do you think Paul grounds our obedience in Christ's example?



IT'S GREEK TO ME



ἐνεργέω

(energeo)

to work, energize

→ Explains God's ongoing activity in believers' sanctification.

Dwelling in the Word

2. **Keep On Obeying:** Verse 12 says, "as you have always obeyed... now much more in my absence." Why do you think Paul highlights obedience whether he is present or not? How does this challenge our tendency to live for human approval?

3. **Work It Out:** Paul says to "work out your own salvation..." How is this different from working for salvation? Look at Ephesians 2:8-10 for clarity.



Lesson Three Day Six

4. **God at Work:** Verse 13 uses the word *energeō* (ἐνεργέω) – God’s energizing work. How does this verse balance our responsibility with God’s activity?

5. **Fear and Trembling:** What does “fear and trembling” mean here? Compare with Psalm 2:11 and 2 Corinthians 7:1. Why is reverence important in living out salvation?



6. **Daily Dependence:** What spiritual discipline could help you remember that God is the One working in you each day? Prayer? Scripture memory? Journaling? Write down one habit you want to practice this week.

7. **Gospel Witness:** How could you use Philippians 2:12-13 to explain to someone who believes Christianity is just “being a good person”?

Joyful & Steady

8. Obedience can feel heavy, but Paul reminds us it’s God who supplies the will and the strength. Where do you need to rest in God’s power instead of striving in your own?



Lesson Three Day Seven

Memorize & Meditate

-  **Pray:** for opportunities to be a light in this dark world
-  **Memorize:** Philippians 2:3
-  **Read:** Phil. 2:14-18
-  **Write:** Phil. 2:14-18

Remember & Relate

1. Yesterday we saw that we are to “work out” our salvation with reverence because God is working in us. What is one way you are working out your salvation today?

IT'S GREEK TO ME



φαίνω

(phaino)

shine, seem, appear like

→ expresses the idea of giving light, shining forth, becoming visible. The same verb applied to Jesus (Jn. 1:5) is applied to believers (Phil. 2:15)

Dwelling in the Word

2. **No Grumbling, No Complaining:** Verse 14 says, “Do all things without grumbling or disputing.”



How does this remind you of Israel in the wilderness (see Exodus 16:2-3; Numbers 14:2)? Why is grumbling such a serious issue for God’s people?

3. **Children of God:** Verse 15 calls believers “blameless and innocent, children of God without blemish.” How does this language connect with Deuteronomy 32:5?

Lesson Three Day Seven

4. **Shine Like Stars:** How does Paul describe true “children of God?” Compare this with Daniel 12:3, John 1:5, and Matthew 5:14-16. What do you learn about our role in the world? Write or draw to illustrate your response:



5. **Hold Fast the Word:** What is commanded in 2:16?

What would the opposite of this look like?

How might spiritual disciplines like Bible reading, memorization, meditation help you live this out?

6. **Paul's Offering:** In verse 17 Paul describes himself as being “poured out as a drink offering.” Look up Numbers 15:5-10 or 2 Timothy 4:6. What does this image tell you about Paul’s view of his ministry and suffering?

7. **Shared Joy:** In verse 18 Paul calls the Philippians to rejoice with him. How does shared joy strengthen unity in the church, even in trials?

Joyful & Steady

8. Paul says our obedience and joy make us shine in a dark world. Where can you replace grumbling with gratitude this week, so your life points others to Christ?



Lesson Three Day Eight

Memorize & Meditate

-  **Pray:** for ways to model Christlike service
-  **Memorize:** Philippians 2:3
-  **Read:** Phil. 2:19-24
-  **Write:** Phil. 2:19-24

Remember & Relate

1. Yesterday we saw Paul's call to live without grumbling and to shine as lights in the world. Describe how you are living this out in your relationships today (home, work, church, social media, etc.)



Dwelling in the Word

2. **Genuine Concern:** Verse 20 says Timothy will be "genuinely concerned" for the Philippians' welfare. How does this reflect Philippians 2:4 ("look not only to your own interests, but also to the interests of others")?

IT'S GREEK TO ME



δοκιμή

(dokimay)

proven character, proof

→ the quality of having stood a test and been found genuine, a term from how metals are tested by fire to burn away impurities

3. **Christ's Interests First:** Verse 21 contrasts Timothy with those who "seek their own interests, not those of Jesus Christ." What does it mean to seek Christ's interests, and how might that challenge our priorities today?



Lesson Three Day Eight

4. **A Proven Servant:** Verse 22 says Timothy's worth is proven (*δοκιμή/dokimay*), like a son with his father, in serving with Paul for the gospel. How does this model discipleship and mentorship? Compare with 2 Timothy 2:2.

5. **Sending in Hope:** Paul plans to send Timothy soon (v. 23) but trusts God's timing. How does this show both Paul's practical concern and his trust in the Lord's sovereignty?

6. **Living Example:** If someone asked you what it looks like to have "the mind of Christ" (Phil 2:5), how could you use Timothy's example to explain?

7. **Church Check-In:** Timothy served the Philippian church with genuine concern and steady faithfulness. How do these verses challenge you to evaluate your own role in your church today? Where might God be calling you to step up in care, service, or discipleship within your church family?

Joyful & Steady

8. Timothy's life showed steady faithfulness in caring for others and seeking Christ's interests. Who has been a "Timothy" in your life, and how can you be a Timothy for someone else this week?

Lesson Three Day Nine

Memorize & Meditate

-  **Pray:** for ways to take risks in service to God
-  **Memorize:** Philippians 2:3
-  **Read:** Phil. 2:25-30
-  **Write:** Phil. 2:25-30

Remember & Relate

1. Yesterday we studied Timothy's example of genuine concern and Christlike priorities. How does he demonstrate having the "mind of Christ?"

Dwelling in the Word

2. **Brother, Worker, Soldier:** In verse 25 Paul calls Epaphroditus a brother, fellow worker, and fellow soldier. What do these three titles reveal about the depth of their partnership in the gospel?

3. **Longing for Home:** Verse 26 says Epaphroditus was distressed because the Philippians heard he was ill. What does his concern reveal about his character and about healthy church relationships?



Lesson Three Day Nine

4. **Mercy in Illness:** Paul says God had mercy on Epaphroditus in sparing his life (v. 27). How does this verse balance our understanding of suffering, healing, and God's mercy?

5. **Honor Such Men:** Verse 29 calls the church to "receive him in the Lord with all joy, and honor such men." What does this teach us about how the church should treat faithful servants? Compare with 1 Thessalonians 5:12-13.

6. **Risking for Christ:** Verse 30 says Epaphroditus "nearly died for the work of Christ," using the word *paraboleuomai* (to risk, expose oneself). What does his example teach us about courage in serving Christ? How does it challenge our comfort zones?

7. **Church Check-In:** Epaphroditus represents a church that sent and supported him sacrificially. How do these verses challenge you to evaluate your own part in your church's mission and care? Where might God be calling you to "step up" in serving or supporting others?

Joyful & Steady

8. Epaphroditus served with sacrifice and was honored with joy. How can you live joyfully and steadily by following his example of courageous, others-focused service?

Lesson Three Day Ten

Memorize & Meditate

☐  **Pray:** for opportunities to be a light in this dark world

☐  **Memorize:** Philippians 2:3

Create & Share

We've walked through Philippians 2 verse by verse from Paul's call to humility and unity, through the Christ hymn of His humiliation and exaltation, to the living examples of Timothy and Epaphroditus. We've paused to reflect, and now it's time to respond.

Remember, this day is about more than review – it's about expression. We are most like Jesus when we take what we've received and create something that blesses others. He didn't just teach; He poured Himself out. We reflect His heart when we create and share out of what He has worked in us.

Create

Choose one of the following ways to express what Philippians 2 has taught you:

- **Write:** Compose a short prayer, poem, or song that captures the "mind of Christ" as you've seen it in this chapter.
- **Draw:** Sketch or doodle an image of Christ's descent and exaltation (vv. 5-11) or of the church shining as lights in the world (vv. 14-16).
- **Sing:** Pick a hymn or worship song that echoes the themes of this chapter. Sing it out, or copy down a stanza that stirs your heart.
- **Chart:** Create a simple "descent → ascent" diagram of Philippians 2:5-11, showing how Christ humbled Himself and how God exalted Him.
- **Letter:** Write a note of encouragement to someone in your church who models humility and service, honoring them as Paul urged in vv. 29-30.

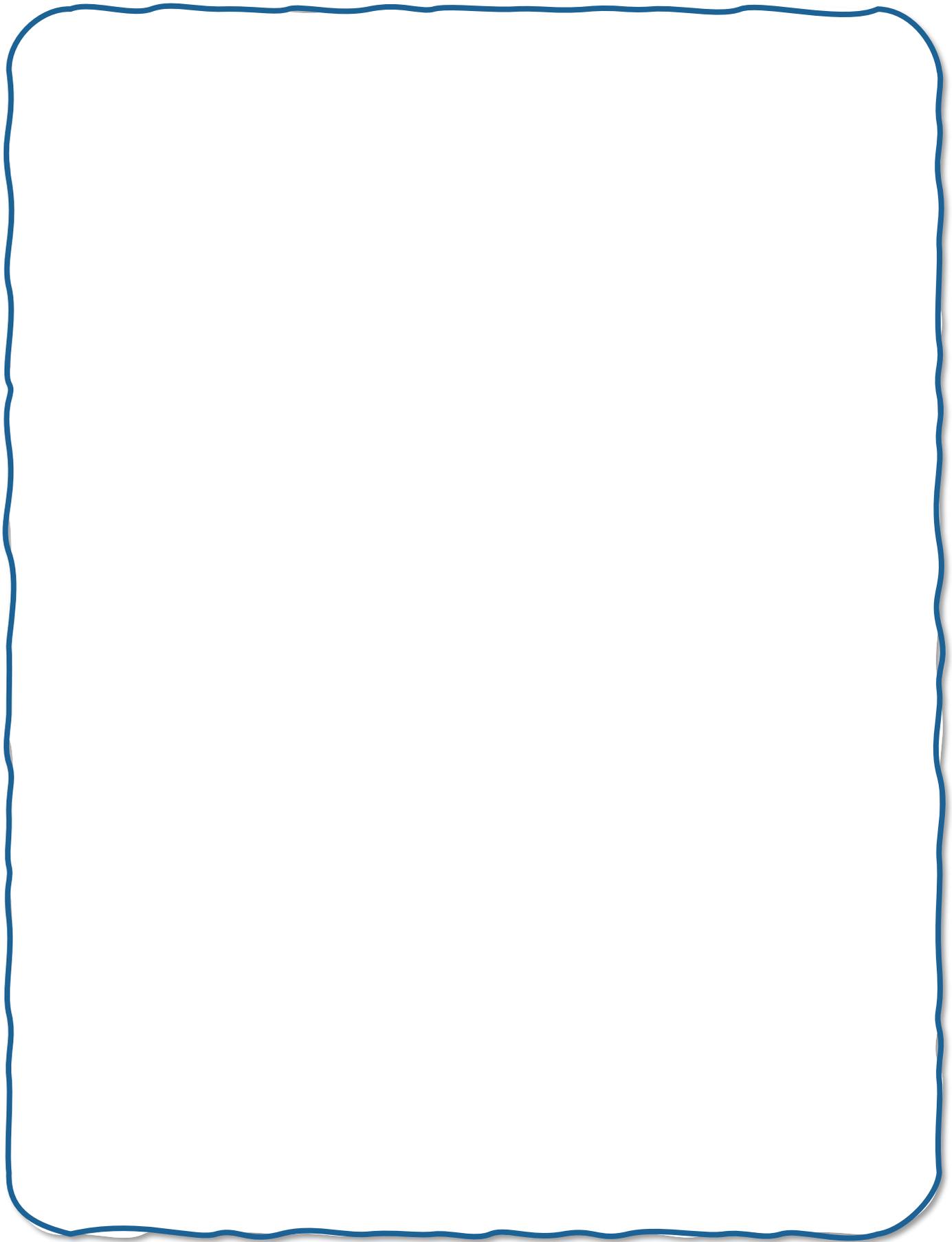
Share

Take one step to share your expression:

- Post in our Dwelling Richly group (photo, text, or audio).
- Share with your Grace Group
- Share with a family member – *your children will be blessed to see that even you get to do homework and be creative!*
- Use your creative response as a conversation starter to talk about Christ with someone who doesn't yet know Him.



Create & Share





Lesson 4

Philippians 3:1-21



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Lesson Four

Grace Group

In Lesson Three we covered Philippians chapter two.
Let's Review and Share together.

<u>DAY</u>	<u>PAGES</u>	<u>Thinking Back</u>
Day 1...	63-64	Share something you learned, loved, or were encouraged by from the previous message or time with your Grace Group.

Share Your Responses to the following from the previous lesson:

Day 2...	67-68	#'s 2, 8
Day 3...	69-70	#'s 2, 6, 9
Day 4...	71-72	#'s 2, 4, 7
Day 5...	73-74	#'s 4, 5, 8
Day 6...	75-76	#'s 1, 3, 5, 8
Day 7...	77-78	#'s 2, 4, 8
Day 8...	79-80	#'s 1, 3, 4, 7, 8
Day 9...	81-82	#'s 3, 5, 8
Day 10...	83-84	Share your "Create & Share"

Next Up: Teaching review for Lesson Three, Philippians chapter two.
Take notes on the next page.



Lesson Four

Teaching Time

Philippians 2:1-18 || The Way Down is the Way Up



Watch/Listen to this message on the "Dwelling Richly" podcast - [YouTube.com/c/JenniferRichmond](https://www.youtube.com/c/JenniferRichmond), Spotify, Audible, or any platform/app you enjoy

Lesson Four

Day by Day Planner

An overview of this lesson. Use the checklist to help you plan your "TWiG" time. (Time With God)
This page is also a great way to simply dwell in the Word if you only have time to read.

<input checked="" type="checkbox"/> <u>My Dates</u>	<u>Day</u>	<u>Content</u>
Write your study dates on the lines below	Day 1	Grace Groups & Teaching
		<u>Read & Write Philippians</u>
<input type="checkbox"/> _____	Day 2	Read Philippians 3:2-21
<input type="checkbox"/> _____	Day 3	Read & Write 3:1-3
<input type="checkbox"/> _____	Day 4	Read & Write 3:4-7
<input type="checkbox"/> _____	Day 5	Read & Write 3:8-9
<input type="checkbox"/> _____	Day 6	Read & Write 3:10-11
<input type="checkbox"/> _____	Day 7	Read & Write 3:12-14
<input type="checkbox"/> _____	Day 8	Read & Write 3:15-19
<input type="checkbox"/> _____	Day 9	Read & Write 3:20-21
<input type="checkbox"/> _____	Day 10	Create & Share

...Memorize & Meditate...

Philippians 3:14

I press on toward the goal for the prize of the upward call of God in Christ Jesus.

(ESV)

(Memorize from any translation.)



Lesson Four

My Heart to Yours

We live in a world that loves measuring. Success, progress, followers and subscribers...there's a number or a chart for everything. Even when we say we don't care about comparison, it sneaks in. It's exhausting, actually. We measure ourselves against what others accomplish, what we used to be able to do, or what we think we should have figured out by now. And when we fall short, it's easy to feel like we're losing ground.

Paul knew that trap well. Before Jesus changed his life, he had the ultimate résumé. He had all the status, education, influence, all the credentials a first-century believer could dream of. Yet in Philippians 3, he looks back on all that and says, "loss." Not just "less important," but complete trash. Utter rubbish compared to knowing Christ. That word always gets me. It's not polite or tidy; it's startling and freeing. Because the moment you truly know Jesus, you realize that everything else you thought made you "enough" suddenly fades in light of His grace.

This chapter isn't about trying harder; it's about seeing clearer. Paul is urging us to trade self-confidence for Christ-confidence. His admonition is for us to stop striving to be impressive and instead "I press on." That's not about hustling or performing, but about pursuing the One who's already taken hold of him.

That truth has reshaped how I view my own faith journey. There are days I feel like I should be further along...more patient, more disciplined, more "together." But then I remember: Christ has already taken hold of me. My race isn't about reaching perfection; it's about walking faithfully with the One who finished it for me.

And what a finish it will be. And what a cold splash of refreshing water to my often weary soul! This world is not our home; our citizenship is in heaven. One day, the striving will stop, and the Savior we've longed for will transform these weary bodies into glory. That's the hope that keeps us pressing on. I'm no longer trying to earn anything at all...I simply cannot wait to see the One who gave us everything!

So, friend, as you dwell in this chapter, loosen your grip on the things you thought defined you. Let the joy of knowing Christ outweigh every lesser treasure. When you feel tired or uncertain, lift your eyes. The prize isn't perfection—it's Jesus. And He's already called you His own and His perfection is now ours when we are in Him.

Let's press on together, joyful and steady, hearts anchored in grace and eyes fixed on the Savior.

 Jennifer



Lesson Four Day Two

Memorize & Meditate

- 🙏 **Pray:** for joyful focus
- ❤️ **Memorize:** Phil. 3:14
- 📖 **Read:** Philippians 3:1-21
- ✍️ **Write:** (begins Day Three)
- ❤️ **Community:** Share in the group.
- 🎵 **Worship:** _____

"The Word of God I think of as a straight edge, which shows up our own crookedness. We can't really tell how crooked our thinking is until we line it up with the straight edge of Scripture." ~ Elisabeth Elliot, "A Lamp for My Feet,"

Thinking Back...

Remember & Relate: Write 1-2 points from the message or encouragement from Grace Groups you want to remember.

1)

2)

! Missed the previous session? You can catch up! Listen to the Dwelling Richly podcast today.

D.W.E.L.L.

Day Two is our "flyover day" - time for simply reading and taking a few notes, observations, questions for each of the seven passages in Philippians 3:1-21. Page 7 has a helpful guide for how to highlight in your Bible as you read and note the key people, places, and ideas. **Write one observation or question for each of the following passages.**

Use the word "**DWELL**" as a guide to help you begin to study each passage:

D-Discover: The who, to whom, what, where, when; Summarize the passage

W-Wonder: Ask questions: What does this word or idea mean? What is God revealing?

E-Examine: What's the context? New or repeated words, phrases, or concepts?

L-Link: Note cross-references with other Scriptures Old or New. Connect to a worship song.

L-Live: What is God asking you to live out in your life? Confess or submit to Him?

yellow -- key ideas
orange -- memory verses
blue -- God/Holy Spirit
brown -- people
green -- places
pink -- prophecy
red -- Jesus

1. Philippians 3:1-3.



Lesson Four Day Two

2. Philippians 3:4-7

3. Philippians 3:8-9.

4. Philippians 3:10-11.

5. Philippians 3:12-14.

6. Philippians 3:15-19.

7. Philippians 3:20-21.

8. **Joyful & Steady.** Consider Elisabeth Elliot's quote (pg 91). How does letting Scripture expose and correct your thinking actually bring freedom and joy rather than shame? What's one way you can line up your thoughts with God's Word this week so your heart stays joyful and steady in Him?



Lesson Four Day Three

Memorize & Meditate

☐  **Pray:** for discernment to recognize false teaching

☐  **Memorize:** Philippians 3:14

☐  **Read:** Phil. 3:1-3

☐  **Write:** Phil. 3:1-3

Remember & Relate

1. **Paul's Call.** How does Paul's call to "rejoice in the Lord" connect to his earlier exhortations in chapter 2 about humility and obedience? What does this reveal about the source of true joy?



Dwelling in the Word

2. **Observe the Text** Read Philippians 3:1-3 carefully. What two commands frame this section, and why do you think Paul ties rejoicing to warning?
3. **Beware and Compare** Paul warns against "dogs," "evil workers," and "those who mutilate the flesh." What do these sharp contrasts teach us about discernment and the danger of distorting the gospel?

IT'S GREEK TO ME



χαίρω

(*chairō*)

rejoice, be glad
- to delight or find joy in;
to rejoice continually regardless of circumstance (3:1).

Root of Paul's repeated command to anchor joy in the Lord, not in emotion or circumstance.

λατρεύω

(*latreuō*)

serve, worship
- to render sacred service or worship to God (3:3).

Describes the true worship of believers who serve God by the Spirit rather than relying on ritual or human effort.

Lesson Four Day Three

4. **Greek Insight** – True Worship Paul describes believers as the true circumcision who “worship by the Spirit of God.” The word *latreuō* (λατρεύω) means to serve or worship as an act of devotion. What does it mean for worship to flow from the Spirit rather than outward ritual or effort?

5. **Contrast of Confidence** Verse 3 lists three marks of the true believer. List them. How does each reflect a rejection of human pride and a dependence on Christ?



6. **Link Scripture with Scripture** Read Romans 2:28–29 and Galatians 5:1–How do these passages reinforce Paul’s warning here? What remains constant about salvation across Paul’s letters?

7. **Theology Thread** Biblical Theology: Joy is safeguarded through truth—rejoicing flows from a gospel rightly understood. Systematic Theology: Soteriology – Salvation is by grace through faith alone; confidence in the flesh nullifies grace. How does right theology protect your joy?

Joyful & Steady

8. **My Self or My Savior** When the world says joy is found in success or performance, Paul reminds us it’s found in Christ alone. Where might you need to shift your confidence today—from self to Savior—to keep your heart joyful and steady?



Lesson Four Day Four

Memorize & Meditate

-  **Pray:** to release pride and rest in Christ
-  **Memorize:** Philippians 3:14
-  **Read:** Phil. 3:4-7
-  **Write:** Phil. 3:4-7

Remember & Relate

1. **Mindset Mirror.** When have you taken pride in your own achievements—spiritual or otherwise? How might that mindset mirror the “confidence in the flesh” Paul warns about?



Dwelling in the Word

2. **Observe the Text** List Paul’s credentials in verses 4–What made this résumé impressive in first-century Judaism, and how does verse 7 flip the value system upside-down?
3. **Greek Insight** – Confidence Redefined The word *pepoithēsis* (πεποίθησις) means trust, assurance, settled confidence. Where does Paul say this confidence must not rest—and what new source of assurance replaces it?

IT'S GREEK TO ME



ΠΕΠΟΙΘΗΣΙΣ

(*pepoithēsis*)

confidence, trust

– settled assurance or reliance (3:4).

Paul redirects misplaced confidence from self-achievement to faith in Christ.

ΚΕΡΔΟΣ

(*kerdos*)

gain, profit

– something regarded as an advantage or asset (3:7).

Paul redefines “gain,” showing that what once seemed profitable is loss compared to Christ.

ΖΗΜΙΑ

(*zēmia*)

loss, damage

– the experience of forfeiture or disadvantage (3:7).

Used to express Paul’s deliberate choice to count all earthly achievements as worthless beside the surpassing worth of knowing Jesus.

Lesson Four Day Four

4. **Contrast Gain and Loss** Circle or highlight the repeated words gain (κέρδος) and loss (ζημία). How does Paul's use of accounting language help clarify what truly counts in the kingdom?

5. **Link Scripture with Scripture** Read Luke 18:9-14 (the Pharisee and the tax collector). How does Jesus' parable illustrate the same reversal of values Paul describes here?

6. **Theology Thread** Biblical Theology: Knowing Christ transforms what we treasure; the gospel re-orders our worth. Systematic Theology: Justification – Righteousness cannot be earned; it is received by faith. How does understanding justification free you from performance-based spirituality?

7. **Creative Reflection** Imagine you are a Philippian believer hearing this letter read aloud. Write or sketch your reaction to Paul's words—what image, phrase, or emotion captures the moment you realize that all your "gains" are loss compared to Christ?

Joyful & Steady

8. **Resume and Reputation.** Our world measures worth by résumé and reputation. How can counting everything as loss for Christ steady your joy and reshape how you define success this week?

Lesson Four Day Five

Memorize & Meditate

-  **Pray:** to deepen your dependence on His righteousness
-  **Memorize:** Philippians 3:14
-  **Read:** Phil. 3:8-9
-  **Write:** Phil. 3:8-9

Remember & Relate

- Gain vs. Loss.** How do verses 8-9 deepen yesterday's "gain vs. loss" reversal (3:4-7)? Where have you seen your values shift since following Jesus?



Dwelling in the Word

- Observe the Text** Underline Paul's repeated words and phrases: "count," "loss," "gain," "knowing," "righteousness," "through faith." What progression do you notice from renouncing the old to receiving the new?



- Greek Insight – What's "Rubbish"?** *Skúbalon* (σκύβαλον) = refuse/dung/rubbish (v.8). Why does Paul choose such a vivid word here? How does it sharpen his contrast between human merit and Christ?



IT'S GREEK TO ME



σκύβαλον

(*skúbalon*)

refuse, rubbish, dung
– worthless or detestable matter thrown away (3:8).

Vividly contrasts human merit with the surpassing worth of knowing Christ.

δικαιοσύνη

(*dikaïosynē*)

righteousness

– right standing before God (3:9).

Given through faith, not earned by works—core of Paul's doctrine of justification.

Lesson Four Day Five

4. **Greek Insight – A Better Righteousness** *Dikaiosýnē* (δικαιοσύνη) = righteousness (v.9). Compare “my own...from law” vs. “that which is through faith in Christ.” What changes when righteousness is received rather than achieved?

5. **Link Scripture with Scripture** Read Jeremiah 9:23-24 and 2 Corinthians 5:2 How do these passages illuminate what Paul means by “be found in Him... the righteousness from God by faith”?

6. **Wisdom from the Church** “He is no fool who gives what he cannot keep to gain what he cannot lose.” – Jim Elliot. How does this line echo Paul’s “count everything as loss... to gain Christ”?

7. **Creative Reflection Choose one:**



Sketch/Lettering: Create a simple visual of “gain Christ” vs. “loss” (words or icons).

Poetry/Prayer: Write 4–6 lines beginning, “Knowing You, Jesus, is...”.

First-Century Journal: As a Philippian believer, journal the moment you realized your “gains” were *skúbalon* compared to Christ.

Joyful & Steady

8. **Practicing Receiving.** When worth feels tied to performance, preach v.9 to your heart: “found in Him... righteousness from God by faith.” What is one concrete way you’ll practice “receiving, not achieving” this week?



Lesson Four Day Six

Memorize & Meditate

-  **Pray:** for strength to endure with hope
-  **Memorize:** Philippians 3:14
-  **Read:** Phil. 3:10-11
-  **Write:** Phil. 3:10-11

Remember & Relate

- Truly Knowing Christ.** Paul has just declared that nothing compares to knowing Christ (v.8). Now he describes what that knowing looks like. When have you experienced a deeper closeness to Christ through pain, loss, or surrender?

Dwelling in the Word

- Observe the Text** Underline each phrase that begins with "that I may..." What three desires does Paul express here? How do they build one upon another?

- Greek Insight – Knowing by Experience** Ginōskō (γινώσκω) means more than knowing facts; it means knowing by relationship and experience. How does Paul's longing to know Christ challenge shallow or distant faith?

IT'S GREEK TO ME



ΓΙΝΩΣΚΩ

(ginōskō)

know, recognize, experience

- to know through relationship and personal experience rather than information alone (3:10). Expresses Paul's longing for deep, experiential knowledge of Christ—knowing Him by sharing in His life and power.

ΣΥΜΜΟΡΦΙΖΩ

(symmorphizō)

to be conformed, share the same form

- to be shaped into the likeness of another (3:10). Describes the believer's participation in Christ's suffering and resurrection, being inwardly transformed into His image.

Lesson Four Day Six

4. **Greek Insight – Being Conformed** Symmorphizō (συμμορφίζω) – “to share the same form.” Paul wants his life shaped by Christ’s pattern of suffering leading to glory. How might God be using your current “furnace moments” to shape you into that same pattern?

5. **Old Testament & God's Calendar Connection** God built His redemptive calendar around death and resurrection rhythms—Passover (deliverance through death), Firstfruits (new life rising), and the Feast of Weeks (Spirit empowerment).  How does Paul’s longing to share in Christ’s death and resurrection echo these sacred rhythms of God’s appointed times? (Cross-references: Exodus 12; Leviticus 23:9-21; 1 Corinthians 15:20)

6. **Link Scripture with Scripture** Read Romans 6:3-5 and 2 Corinthians 4:10-11. What parallels do you see in Paul’s understanding of sharing in Christ’s death and life? How does this deepen your view of baptism, sanctification, and perseverance?

7. **Creative Reflection** Imagine this scene: the day before Passover, as Christ prepared to die, His disciples could not yet see resurrection ahead. Write or sketch a reflection called “Between Death and Dawn.” Capture the tension of waiting in the dark, trusting that resurrection power is already on the way.

Joyful & Steady

8. **When you face suffering,** remember: God’s calendar always moves from death to life, from cross to crown.  How can you rest in the assurance that resurrection power is at work in you right now—not just someday?

Lesson Four Day Seven

Memorize & Meditate

 **Pray:** for perseverance

 **Memorize:** Philippians 3:14

 **Read:** Phil. 3:12-14

 **Write:** Phil. 3:12-14

Remember & Relate

1. **Thinking Back** Paul longed to know Christ in His death and resurrection. How does that longing naturally lead to pressing on in today's verses?



IT'S GREEK TO ME



ἐπιλαμβάνομαι

(*epilambanomai*)

to seize, take hold of
- to grasp firmly, to make
one's own (3:12).

Highlights that believers
press on because Christ
has already taken hold of
them.

Dwelling in the Word

2. **Observe the Text** Circle the verbs in verses 12-14: "press on," "take hold," "forget," "strain," "press." What do these active words reveal about Paul's posture toward spiritual growth—and what do they not imply about earning salvation?

3. **Greek Insight – Taken Hold Of** Epilambanomai (ἐπιλαμβάνομαι) means to grasp firmly, to seize for oneself. Paul's security comes from this truth: Christ Jesus has already taken hold of me. How does knowing you've already been "grasped" by Christ reshape the way you pursue maturity?

Lesson Four Day Seven

4. **Not Arrived, But Alive** Paul confesses, “Not that I have already obtained...” (v.12). How does this humble realism protect believers from two errors: perfectionism and complacency? (Cross-reference: 1 Corinthians 9:24-27; Hebrews 12:1-2)

5. **Christ-Centered “Pressing On”** How does Paul’s “pressing on” differ from worldly ambition or self-improvement? What role does grace play in motivating perseverance versus guilt or competition? “The Christian life is not our working for God, but God working in and through us.” – Hudson Taylor

6. **Theology Thread** Biblical Theology: God’s people have always been called to forward faithfulness—Abraham journeyed, Israel pressed toward the Promised Land, and now we run our race toward Christ. Systematic Theology: Sanctification – growth in holiness is grace-driven effort, empowered by the Spirit. How do these truths keep your spiritual race grounded in the gospel, not self-effort?

7. **Creative Reflection** Write or sketch a personal “race marker.” If your faith journey were a race, what would the mile markers be—moments of surrender, transformation, or renewal? Label your current stretch of the race with one word or phrase. Pray over it.

Joyful & Steady

8. **Spirit-Led Endurance.** Pressing on isn’t about running faster—it’s about running faithfully toward the One who already finished the race for you. Where is Jesus inviting you to trade striving for steady, Spirit-led endurance today?

Lesson Four Day Eight

Memorize & Meditate

-  **Pray:** to think with the mind of Christ
-  **Memorize:** Philippians 3:14

-  **Read:** Phil. 3:15-19
-  **Write:** Phil. 3:15-19

Remember & Relate

1. **Thinking Back.** Paul has just described his own pursuit of Christ, not as perfection but as perseverance. How might that humility redefine what it means to be *spiritually mature*?

IT'S GREEK TO ME



φρονέω

(*phroneō*)

think, judge

- to set one's mind, to think, to have an attitude (3:15, cf. 2:2, 2:5).

Central to Paul's appeal for mature, Christ-shaped thinking over worldly focus.

Dwelling in the Word

2. **Observe the Text** Underline every phrase in verses 15-19 that refers to the *mind* or *thinking*. How does Paul contrast those who are "mature" with those who are "enemies of the cross"?



3. **Greek Insight – Set Your Mind** *Phroneō* (φρονέω) = "to think, to set one's mind, to direct one's attention." How does this word connect back to Philippians 2:2-5 ("Let this mind be in you which was also in Christ Jesus")? What does it look like to have a *cross-shaped* mindset rather than an *earth-bound* one?



Lesson Four Day Eight

4. Creative Reflection – Mind Map



Draw two columns or circles:
“Mind Set on Christ” and “Mind Set on Earthly Things.”

Fill in words or images that represent each.
Where does your current mindset tend to drift?

Circle one word you want God to transform.

5. Link Scripture with Scripture

Read Romans 8:5-7 and Colossians 3:1-3. How do these passages confirm Paul’s teaching here? What happens when our minds are renewed by the Spirit instead of driven by the world?

6. Theology Thread

Biblical Theology: All through the Bible, there’s a clear contrast: two ways to live and think. One is *God’s way*—shaped by His Spirit and truth. The other is *the world’s way*—shaped by self and desire. Paul reminds us that what fills our mind will soon steer our heart. How can you tell which way your thoughts are headed today—toward Christ or toward comfort?

7. A Word from the Saints

“The cross is not the end of the Christian life—it is the beginning.” – *John Stott* How does this statement help you interpret Paul’s warning against those “whose god is their belly” and who “glory in their shame”?

Joyful & Steady



8. Dwelling on Christ's Example. Spiritual maturity means learning to think heavenward even while walking on earth. What small mental shift today could help you dwell on Christ’s example and stay steady in your faith?

Lesson Four Day Nine

Memorize & Meditate

-  **Pray:** to live as a citizen of heaven
-  **Memorize:** Philippians 3:14

-  **Read:** Phil. 3:20-21
-  **Write:** Phil. 3:20-21

Remember & Relate

1. **Citizenship in Heaven.** In contrast to those whose minds are set on earthly things (v.19), Paul reminds us where we truly belong. How does remembering your citizenship in heaven change the way you see your life here and now?



IT'S GREEK TO ME



πολίτευμα
(*politeuma*)

citizenship, commonwealth
- a colony or civic identity
(3:20).

Depicts believers as
citizens of heaven living
under the rule of their true
King.

Dwelling in the Word

2. **Observe the Text** Read verses 20–21 aloud. Underline what is true now (our citizenship) and what we await (Christ's return, transformation). How does this tension—already citizens, not yet home—strengthen your faith?

3. **Greek Insight – Our Commonwealth** Politeuma (πολίτευμα) = citizenship, colony, or commonwealth. Philippi was a Roman colony—its citizens lived under Roman law even while far from Rome. How does this analogy help you picture what it means to live as citizens of heaven while still on earth?



Lesson Four Day Nine

4. **Creative Reflection** – Postcard from Home Imagine you're living abroad, homesick for your true homeland. Write a short "postcard from heaven" to your future self—describe what you long for, what you hope to see, and how that hope encourages you to stay faithful today.

5. **Link Scripture with Scripture** Read John 14:1-3 and 1 Corinthians 15:42-49. What do these passages reveal about the promise of transformation at Christ's return? How does this deepen your awe for what lies ahead?

6. **Theology Thread** Biblical Theme: God's story moves from creation → redemption → restoration.  We're living between redemption (what Christ has done) and restoration (what He will do). Truth to Dwell On: Our bodies, our world, and our hearts are being made new. How can this truth give you endurance when life feels broken or unfinished?

7. **The Wisdom of the Saints** "The best of earth is but a shadow of heaven's glory." – Charles Spurgeon When you think of your heavenly citizenship, what earthly "glories" lose their shine?

Joyful & Steady

8. **Already His.** When the world feels heavy, remember: you are not home yet—but you are already His.  How can this promise of transformation steady your joy and renew your hope this week?

Lesson Four Day Ten

Memorize & Meditate

☐  **Pray:** for your Grace Group and Bible study leaders

☐  **Memorize:** Philippians 3:14

Create & Share

Look back through your notes, highlights, and reflections from Philippians 3. What phrase, verse, or truth keeps echoing in your heart? How has this chapter reshaped your view of joy, loss, righteousness, perseverance, or hope?

Scripture to Dwell On

"I press on toward the goal for the prize of the upward call of God in Christ Jesus." – *Philippians 3:14*

Read this aloud several times. What stands out differently each time? Write a short prayer of gratitude to the Lord for how He's spoken to you through this study.

Create

Choose one way to *create* from what you've learned this week:

- **Art or Illustration:** Depict the contrast of "loss vs. gain" or "earthly citizenship vs. heavenly home."
- **Poetry or Song:** Write a few lines beginning, "Knowing You, Jesus..." (inspired by Day 5).
- **Story or Testimony:** Describe a moment when Christ became more precious than anything else.
- **Photography or Collage:** Capture an image that symbolizes transformation or pressing on.

Share

Find one way to share what God has shown you this week:

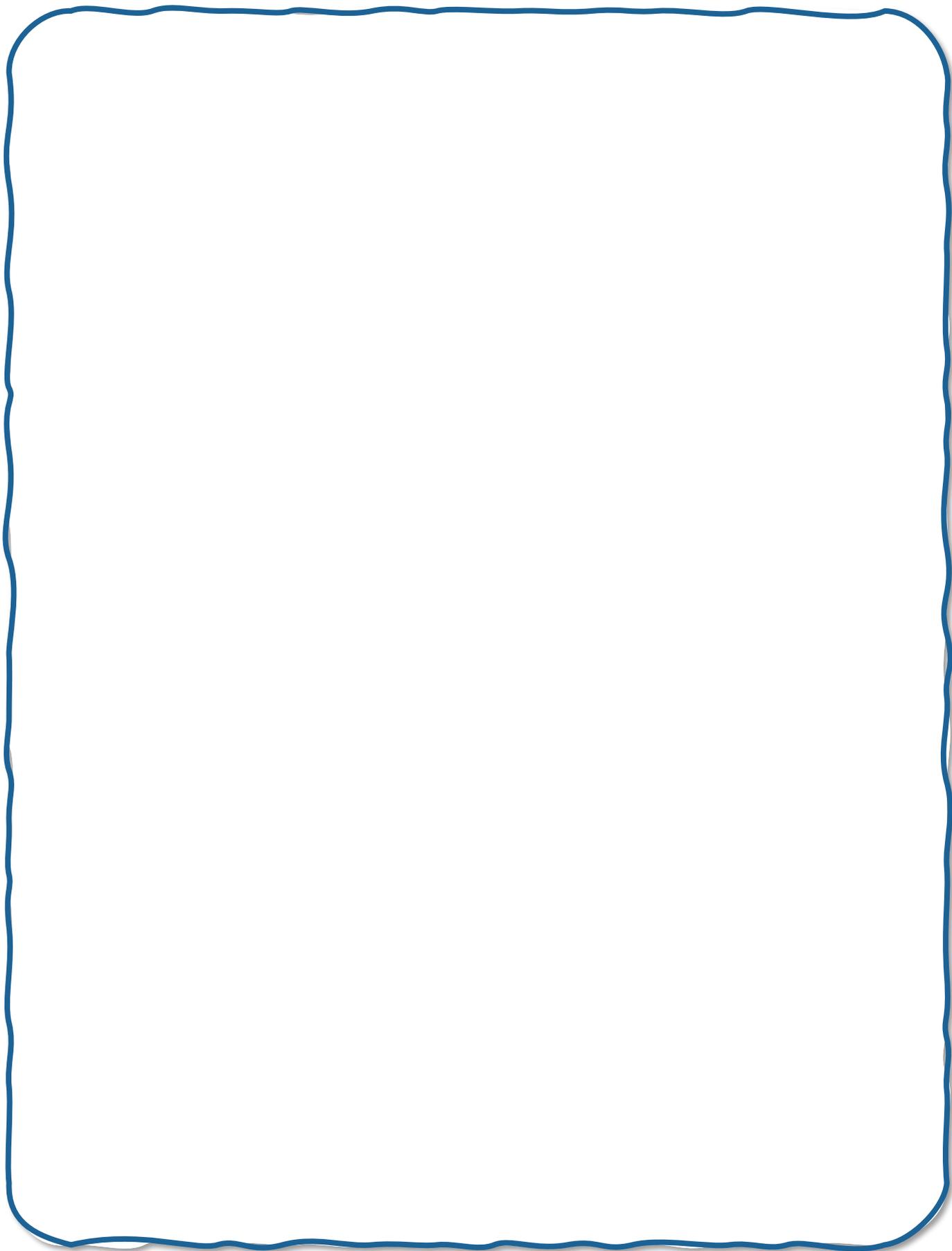
- Speak a word of encouragement to a friend or family member.
- Post a verse or thought from Philippians 3 that stirred your heart (tag with #DwellingRichly).
- Send a short note of gratitude to someone who helped you grow in your faith.
- When you share, you echo Paul's own ministry – passing on what you've received (Philippians 4:9).

Joyful & Steady

- Joy grows deeper when it's shared. Take a moment to thank God that your citizenship is secure, your righteousness complete in Christ, and your race already won through Him.
- How will you press on this week – *joyful and steady* – letting the Word of Christ dwell richly in you?.



Lesson Four Day Ten





Lesson 5

Philippians 4:1-23



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Lesson Five

Grace Group

In Lesson Four we covered Philippians chapter three.
Let's review and share together.

<u>DAY</u>	<u>PAGES</u>	<u>Thinking Back</u>
Day 1...	87-88	Share something you learned, loved, or were encouraged by from the previous message or time with your Grace Group.

Share Your Responses to the following from the previous lesson:

Day 2...	91-92	#'s 1, 8
Day 3...	93-94	#'s 1, 5, & 8
Day 4...	95-96	#'s 1, 6, 7, & 8
Day 5...	97-98	#'s 2, 7, & 8
Day 6...	99-100	#'s 2, 5, & 8
Day 7...	101-102	#'s 1, 4, & 8
Day 8...	103-104	#'s 2, 3, 4, & 8
Day 9...	105-106	#'s 1, 3, 6, & 8
Day 10...	107-108	Share your "Create & Share"

Next Up: Teaching review for Lesson Four, Philippians chapter three.
Take notes on the next page.



Lesson Five

Teaching Time

Philippians 3:1-21 || When Christ Becomes the Measure
Pressing on with Heaven's Perspective



Watch/Listen to this message on the "Dwelling Richly" podcast -
[YouTube.com/c/JenniferRichmond](https://www.youtube.com/c/JenniferRichmond), Spotify, Audible, or any platform/app you enjoy

Lesson Five

Day by Day Planner

An overview of this lesson. Use the checklist to help you plan your "TWiG" time. (Time With God)
This page is also a great way to simply dwell in the Word if you only have time to read.

<input checked="" type="checkbox"/> <u>My Dates</u>	<u>Day</u>	<u>Content</u>
Write your study dates on the lines below	Day 1	Grace Groups & Teaching
		<u>Read & Write Philippians</u>
<input type="checkbox"/> _____	Day 2	Read Philippians 4:1-23
<input type="checkbox"/> _____	Day 3	Read & Write 4:1-3
<input type="checkbox"/> _____	Day 4	Read & Write 4:4-7
<input type="checkbox"/> _____	Day 5	Read & Write 4:8-9
<input type="checkbox"/> _____	Day 6	Read & Write 4:10-13
<input type="checkbox"/> _____	Day 7	Read & Write 4:14-18
<input type="checkbox"/> _____	Day 8	Read & Write 4:19-20
<input type="checkbox"/> _____	Day 9	Read & Write 4:21-23
<input type="checkbox"/> _____	Day 10	Create & Share

...Memorize & Meditate...

Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

(ESV)

(Memorize from any translation.)

Lesson Five

My Heart to Yours

Here we are , our final lesson in *Philippians: Joyful & Steady*. I can hardly write that without feeling a lump in my throat. Studying this letter with you has been such a joy. Week by week, we've walked beside Paul , through his chains, his prayers, his exhortations , and we've found ourselves strengthened by the same Christ who steadied him. It's as if we've been sitting in the prison cell too, but instead of despair, we've heard songs of rejoicing echo down the stone halls: *"Rejoice in the Lord always; again I will say, rejoice!"*

This chapter feels like a gentle benediction , Paul's closing encouragement to stand firm, think rightly, live peacefully, and find contentment in Christ alone. As I read it again, I can almost hear my dad's voice reminding me, *"The Christian life isn't about escaping hardship but trusting God enough to walk through it with joy."* He taught me that real faith isn't loud or showy , it's the quiet, steady heartbeat of contentment that says, *"Christ is enough."*

As you dwell in Philippians 4, I hope you'll take note of the progression of Paul's heart. He begins with unity, moves into joy and peace, teaches us to think on what is true, and ends with worship and grace. It's like a symphony , each movement distinct, yet all building to a triumphant doxology: *"To our God and Father be glory forever and ever. Amen."*

Maybe you've felt the Lord growing your joy through this study. Maybe you've found new steadiness in prayer or peace in anxious moments. Or maybe you're still waiting for that kind of peace to settle in. Wherever you are, remember this: Paul wrote these words from a place of confinement, yet his spirit was freer than ever because he knew what I hope are confirmed in your heart to be true as well, that our joy is found in Christ.

There's a line from the hymn **"Be Still, My Soul"** that has comforted me so often:

*"Be still, my soul: the Lord is on thy side;
Bear patiently the cross of grief or pain;
Leave to thy God to order and provide;
In every change, He faithful will remain."*

As you open your Bible to Philippians 4, let that truth steady your heart. Whatever season you're in , one of abundance or need, clarity or waiting , the same God who began His good work in you will bring it to completion.

So take a deep breath, dear one. Rejoice in the Lord. Let His peace guard your heart and mind. Stand firm in His grace. And when you've read the final verse and closed this letter, don't see it as an ending. See it as a continuation , a call to live out everything you've learned, joyful and steady, in the Lord who loves you.

You Are Loved and Prayed for,

 Jennifer



Lesson Five Day Two

Memorize & Meditate

- 🙏 **Pray:** for joyful focus
- ❤️ **Memorize:** Phil. 4:6-7
- 📖 **Read:** Philippians 4:1-23
- ✍️ **Write:** (begins Day Three)
- ❤️ **Community:** Share in the group.
- 🎵 **Worship:** _____

Contentment is the product of a heart resting in God. It is the soul's enjoyment of that peace which passeth all understanding. -Arthur Pink

Thinking Back...

Remember & Relate: Write 1-2 points from the message or encouragement from Grace Groups you want to remember.

1)

2)

! Missed the previous session? You can catch up! Listen to the Dwelling Richly podcast today.

D.W.E.L.L.

Day Two is our "flyover day" - time for simply reading and taking a few notes, observations, questions for each of the seven passages in Philippians 4:1-23. Page 7 has a helpful guide for how to highlight in your Bible as you read and note the key people, places, and ideas. **Write one observation or question for each of the following passages.**

Use the word "DWELL" as a guide to help you begin to study each passage:

yellow -- key ideas
orange -- memory verses
blue -- God/Holy Spirit
brown -- people
green -- places
pink -- prophecy
red -- Jesus

D-Discover: The who, to whom, what, where, when; Summarize the passage

W-Wonder: Ask questions: What does this word or idea mean? What is God revealing?

E-Examine: What's the context? New or repeated words, phrases, or concepts?

L-Link: Note cross-references with other Scriptures Old or New. Connect to a worship song.

L-Live: What is God asking you to live out in your life? Confess or submit to Him?

1. Philippians 4:1-3



Lesson Five Day Two

3. Philippians 4:4-7

4. Philippians 4:8-9

5. Philippians 4:10-13

6. Philippians 4:14-18

7. Philippians 4:19-20

8. Philippians 4:21-23

9. **Joyful & Steady.** Arthur Pink wrote: *"Contentment is the product of a heart resting in God. It is the soul's enjoyment of that peace which passeth all understanding"* (pg. 116). What's one way you can let your heart rest in God this week so you experience that deep peace Paul describes, the kind that keeps your spirit joyful and steady in Him?



Lesson Five Day Three

Memorize & Meditate

 **Pray:** for unity in Christ

 **Memorize:** Philippians 4:6-7

 **Read:** Phil. 4:1-3

 **Write:** Phil. 4:1-3

Remember & Relate

1. **Paul's Joy & Crown** How does Paul's affectionate address in verse 1  reflect his relationship with the Philippians and the heart behind his command to "stand firm"?

IT'S GREEK TO ME



2. **Observe the Text** What does it mean to "stand firm in the Lord"? How does this connect to Paul's earlier call in chapter 3 to press on and hold true?

Dwelling in the Word

3. **Call for Unity** Paul pleads with Euodia and Syntyche to "be of the same mind in the Lord." What does this phrase teach us about how unity is achieved in the church?

4. **Greek Insight** – Stand Firm Together The word **στήκω** (stēkō) means "to stand firm" or "to persevere." How does this deepen your understanding of Paul's instruction?

Lesson Five Day Three

5. **True Companions** Paul also calls on a “true companion,” or σύζυγος (syzygos), meaning “yokefellow.”



What does this word picture suggest about relationships in the body of Christ?

6. **Link Scripture with Scripture** Read Romans 12:16–18 and Colossians 3:12–15. How do these passages help illuminate Paul’s appeal here?

7. **Theology Thread** Biblical Theology: Unity among believers reflects the oneness of the Trinity and the reconciling work of the gospel. Systematic Theology: Ecclesiology and Sanctification, God sanctifies His people as they grow in humility and harmony. How does this understanding change the way you approach conflict?

Joyful & Steady

8. **Chosing Humility** Paul’s command to “stand firm in the Lord” and his plea for unity remind us that joy thrives in harmony. Where might you need to take a stand for peace or extend grace this week?



Lesson Five Day Four

Memorize & Meditate

-  **Pray:** for peace that guards your heart
-  **Memorize:** Philippians 4:6-7
-  **Read:** Phil. 4:4-7
-  **Write:** Phil.4:4-7

Remember & Relate

1. **The Role of Rejoicing** How does Paul's call to "rejoice in the Lord always" echo his earlier teaching in chapter 3?



Dwelling in the Word

2. **Observe the Text** What two commands in verses 4-5 reveal the kind of witness believers are meant to display to the world?
3. **Greek Insight** - Guarded Hearts The verb φρουρέω (phroureō) means "to guard or garrison." How does this deepen your understanding of the "peace of God" in verse 7?

Lesson Five Day Four

4. **Response to Anxiety** According to verses 6-7, what is the right response to anxiety, and what promise follows? Is this response easy or challenging for you? How does the way you deal with anxiety differ from how non-Christians deal with it? Why do you think it's important to be set apart in how you deal with anxiety?

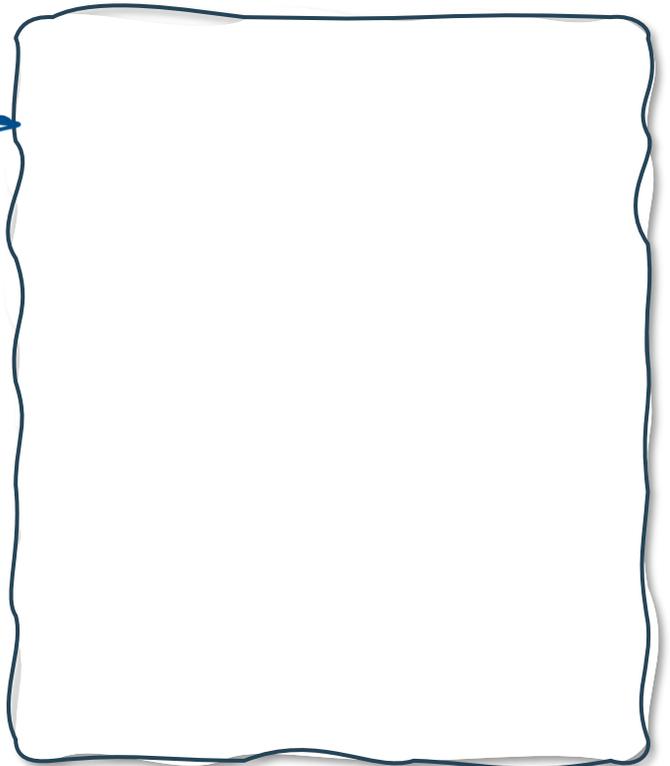
5. **Link Scripture with Scripture** Read Matthew 6:25-34 and John 14:27. How do Jesus' words reinforce Paul's message?

6. **Theology Thread** Biblical Theology: Peace is not the absence of trouble but the presence of God. Systematic Theology: Pneumatology - The Holy Spirit produces joy and peace as fruit of a surrendered life. How does understanding this shape your prayers?

7. **Creative Reflection** Reread today's passage and pause to think about the images in your life that God brings to mind. Draw or write a prayerful reflection that represents those images.

Joyful & Steady

8. **Fixed on Truth** When life feels unsteady, Paul points us to rejoice and rest in God's peace. What might it look like for you to practice this today?



Lesson Five Day Five

Memorize & Meditate

- 🙏 **Pray:** for a renewed mind
- 📖 **Read:** Phil. 4:8-9
- ❤️ **Memorize:** Philippians 4:6-7
- ✍️ **Write:** Phil. 4:8-9

Remember & Relate

1. **Fixed on Truth.** How does this call to “think on what is true and excellent” connect to Paul’s earlier focus on joy and peace?

Dwelling in the Word

2. **Observe the Text** Philippians 4:8-9 carefully. What words or phrases stand out most to you in Paul’s  list, and why?

3. **Greek Insight - Dwell on the Good** The verb λογίζομαι (logizomai) means “to reckon, consider, or meditate on.” How does this deepen your understanding of Paul’s instruction?

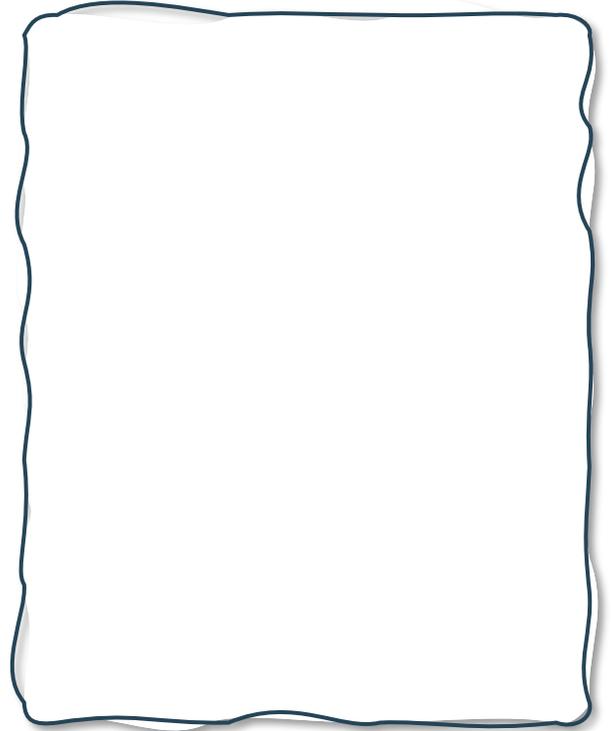
Lesson Five Day Five

4. **Mind & Practice** According to verse 9, what happens when we put into practice what we've learned and received?

5. **Think On These Things.** Paul lists eight qualities to think on: true, honorable, right, pure, lovely, commendable, excellent, and praiseworthy. Choose one and respond in a way that helps you internalize it—write a short reflection, draw a symbol, create a simple list, or compose a sentence prayer around it.

6. **Link Scripture with Scripture** Read Romans 12:2 and Colossians 3:1-2. How do these passages expand Paul's teaching about the renewing of the mind?

7. **Theology Thread** *Biblical Theology:* The renewed mind reflects the image of God restored through Christ. How is a renewed mind essential to a truly transformed life? *Systematic Theology:* Sanctification and Ethics right belief produces right behavior. How does understanding this connection shape your approach to spiritual growth? How might getting it wrong, straying from right beliefs about God and His Word impact your behavior?



Joyful & Steady

8. **Putting Peace into Practice** When thoughts wander toward fear, negativity, or comparison, how can you practice Philippians 4:8-9 in real time?



Lesson Five Day Six

Memorize & Meditate

-  **Pray:** for true contentment
-  **Memorize:** Philippians 4:6-7
-  **Read:** Phil. 4:10-13
-  **Write:** Phil. 4:10-13

Remember & Relate

1. **Christlike Contentment** When you think of contentment, what images or situations come to mind? How do these compare to Paul's experience described here?

Dwelling in the Word

2. **Observe the Text** Read Philippians 4:10-13 slowly. How does Paul describe his emotions toward the Philippians' renewed concern for him, and what does this reveal about his heart?

3. **Greek Insight – The Secret of Contentment** Paul says he has "learned" to be content. The word *αὐτάρκης* (*autarkēs*) means "self-sufficient," but Paul redefines it as "Christ-sufficient." How does this redefine our view of independence?

Lesson Five Day Six

4. **Apologetics in Action** How might you explain Philippians 4:13 to someone who uses it as a slogan for personal success (“I can achieve anything if I believe hard enough”)? What would you say to help them understand the verse’s true meaning?



5. **Link Scripture with Scripture** Read 2 Corinthians 12:9-10 and John 15:4-5. How do these passages echo Paul’s message here?

6. **Theology Thread** *Biblical Theology*: The secret of contentment is learned in the school of dependence. *Systematic Theology*: Christology and Sanctification, Christ strengthens believers to persevere and grow in holiness through every circumstance. How does this shape your understanding of what spiritual maturity looks like?

Joyful & Steady

7. **Contentment that Grows** Where do you sense God inviting you to learn contentment today—in abundance, in need, or in waiting? What might trusting His sufficiency look like in practice?



Lesson Five Day Seven

Memorize & Meditate

- 🙏 **Pray:** for a generous heart
- 📖 **Read:** Phil. 4:14-18
- ❤️ **Memorize:** Philippians 4:6-7
- ✍️ **Write:** Phil. 4:14-18

Remember & Relate

1. **Thinking Back** Reread Philippians 4:13. If Paul had a Tik-Tok, YouTube, or Instagram page and made a quick video about contentment, what do you think he'd say was his secret?



Dwelling in the Word

2. **Generosity as Partnership.** When you think about generosity, what emotions or experiences come to mind? How do those compare to the way Paul speaks of giving here?
3. **Observe the Text** Read Philippians 4:14-18 carefully. How does Paul describe the Philippians' generosity, and what words reveal his deep gratitude?
4. **Greek Insight-Fruitful Fellowship,** The word *κοινωνία* (*koinōnia*) means "fellowship, partnership, or sharing." How does this deepen your understanding of what their giving represented? What would this kind of biblical fellowship look like in your church or Bible study today?

Lesson Four Day Seven

5. **A Fragrant Offering** In verse 18 Paul describes their gift as “a fragrant offering, an acceptable sacrifice, pleasing to God.” How does this connect to the Old Testament idea of worship? Consider Genesis 8:21 and Leviticus 1:9, 13. What does this imagery tell you about the spiritual nature of giving?

6. **Worship Response** After reading verse 18, pause and listen to or sing a hymn like “Take My Life and Let It Be” or “Yet Not I But Through Christ in Me.” How does worship shape your understanding of generosity and partnership?

7. **Link Scripture with Scripture.** Read Hebrews 12:29. How does this verse deepen your understanding of Paul’s words about giving as a “fragrant offering, acceptable and pleasing to God”?

8. **Theology Thread** *Biblical Theology:* Generosity flows from God’s own giving nature—He so loved the world that He gave. *Systematic Theology:* Ecclesiology and Stewardship, the church embodies God’s generosity through sacrificial partnership. How does this understanding transform the way you view giving within the body of Christ?

Joyful & Steady

9. **Every Moment Can Be Worship.** What can you offer true gospel partnership—through prayer, encouragement, or giving— as worship this week?

Lesson Five Day Eight

Memorize & Meditate

-  **Pray:** to trust God to provide
-  **Memorize:** Philippians 4:6-7
-  **Read:** Phil. 4:19-20
-  **Write:** Phil. 4:19-20

Remember & Relate

1. **Thinking Back** Think back on a time when God met a need in an unexpected way. How did that experience shape your trust in Him?

Dwelling in the Word

2. **Observe the Text** Read Philippians 4:19-20 carefully. What specific promise does Paul give, and how does he ground that promise?

3. **Greek Insight-Supplied & Filled** The verb πληρώ (plêroō) means “to fill or make complete.” How does this help you understand God’s promise of provision?

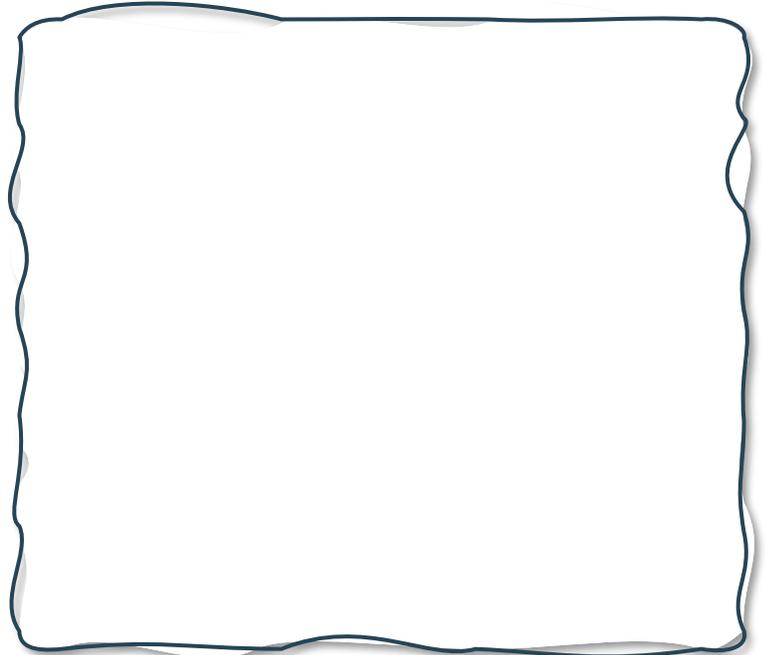
4. **Abundance in Christ** Paul doesn’t say God gives “from” His riches but “according to” His riches. What difference does that wording make?

Lesson Five Day Eight

5. Creative Reflection-Worship Response



Reflect on the phrase “His riches in glory in Christ Jesus.” How might you express this truth artistically or symbolically today? Create something that captures God’s generous heart—a hand-lettered verse, watercolor, collage, poem, or prayer of praise.



6. Link Scripture with Scripture

Read Matthew 6:31-33 and Ephesians 3:20-21. How do these passages expand on Paul’s assurance of God’s provision and His glory?

7. **Theology Thread** *Biblical Theology*: God’s provision reflects His covenant faithfulness—He is the same God who provided manna in the wilderness and grace at the cross. *Systematic Theology*: Theology Proper, God’s attributes of generosity, sovereignty, and faithfulness are displayed through His provision. How does this truth steady your heart in seasons of need?

Joyful & Steady

8. **Is God's Promise Enough?** Write out God’s promise to believers from this passage in your own words. As you rest in this promise, what would it look like to live from abundance rather than scarcity this week?



Lesson Five Day Nine

Memorize & Meditate

-  **Pray:** for your church family
-  **Memorize:** Philippians 4:6-7

-  **Read:** Phil. 4:21-23
-  **Write:** Phil. 4:21-23

Remember & Relate

1. **Changed and Changing.** Think about the journey through Philippians, from Paul's chains in chapter 1 to his joy and steadfastness in chapter 4. How has this letter shaped your understanding of what it means to live "in Christ"? 

Dwelling in the Word

2. **Observe the Text** Read Philippians 4:21-23. What stands out to you in Paul's final greetings, and what does this reveal about his view of the church?

3. **Greek Insight Grace & Holiness** The word χάρις (*charis*) means "grace, favor, or gift," and ἅγιος (*hagios*) means "holy one" or "saint." What role does *charis* have in becoming a saint? How do these two words capture the heart of Paul's farewell? 

Lesson Five Day Nine

4. **Full Circle Reflection** - Compare today's passage with Philippians 1:2. What do you notice about how Paul begins and ends his letter?

5. **Link Scripture with Scripture** Read Ephesians 6:23-24 and 2 Timothy 4:22. How do Paul's other farewells echo his closing here?

6. **Theology Thread *Biblical Theology***: Grace begins and ends the story of redemption , it is the atmosphere of the believer's life. ***Systematic Theology***: Soteriology and Eschatology , grace that saves also sustains and will one day bring us home to glory. How does this truth fill you with hope as you finish this study?

Joyful & Steady

7. **Grace Upon Grace** Paul's letter ends where it began , in grace. As you close this study, take time to reflect on how God has spoken to you through His Word. What will you carry forward as you continue to dwell richly in Him?

Lesson Five Day Ten

Memorize & Meditate

☐  **Pray:** for the persecuted church

☐  **Memorize:** Philippians 4:6-7

Create & Share

Bring together everything you've discovered, wondered, examined, linked, and lived through Philippians. Celebrate God's work in you, His joy that steadies, His grace that sustains, His peace that guards. "I press on toward the goal for the prize of the upward call of God in Christ Jesus." – *Philippians 3:14*

Take a quiet moment to reread Philippians 1:6 and 4:23. What do these verses say to you now that you've completed the letter? Write a few thoughts here:

Create

Respond to the truths of Philippians in a way that helps you remember them. Choose a form that fits how you connect best with God, write, draw, speak, move, or build:

- **Writers:** Craft a short letter or prayer of thanksgiving to the Lord for how He's met you in this study.
- **Artists:** Design a visual piece (painting, hand-lettered verse, collage) that captures your favorite theme, joy, peace, unity, contentment, or grace.
- **Musicians or Poets:** Compose a short refrain or poem inspired by one of Paul's phrases.
- **Movers:** Take a walk and speak your gratitude aloud, or arrange a small "altar of remembrance" at home with symbols of what God has taught you.

Share

Find one way to share what God has shown you this week:

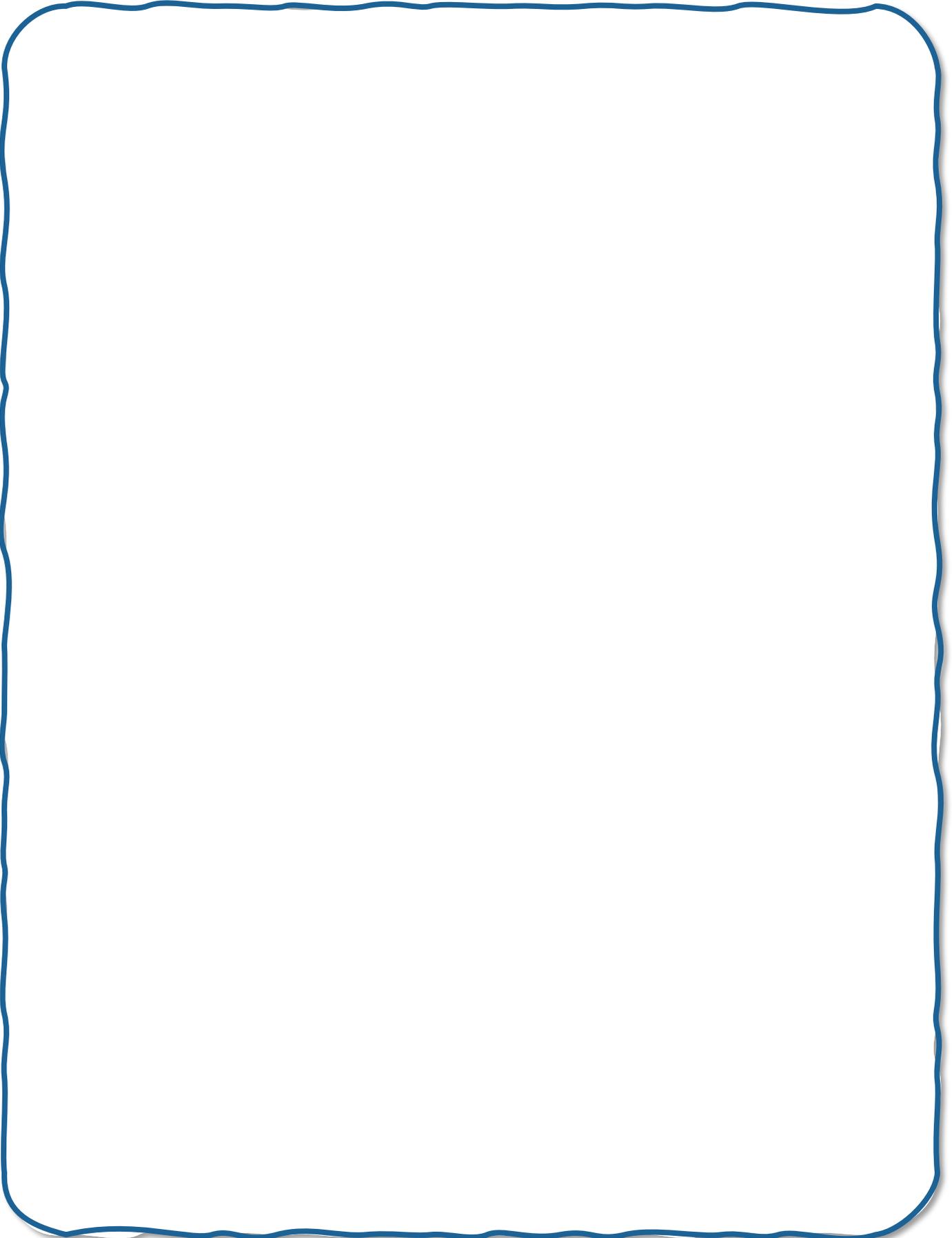
- Maybe it's a friend who needs encouragement, a child who can learn joy through your example, or your church family who can benefit from your testimony.
- Ask God to show you one simple way to "pass it on."

Joyful & Steady

- As you close this study, write or speak a short benediction, a blessing over yourself and your community, echoing Paul's final words: "The grace of the Lord Jesus Christ be with your spirit." What will you take with you until we meet again?



Lesson Five Day Ten





Conclusion



*He who began a
good work in you
will bring it to
completion at the day
of Jesus Christ.*
Philippians 1:6



"Let the Word of Christ
dwell in you richly."

Colossians 3:16

Conclusion

Grace Group

In Lesson Five we covered Philippians chapter four.
Let's review and share together.

<u>DAY</u>	<u>PAGES</u>	<u>Thinking Back</u>
Day 1...	111-112	Share something you learned, loved, or were encouraged by from the previous message or time with your Grace Group.

Share Your Responses to the following from the previous lesson:

Day 2...	115-116	#'s 1, 9
Day 3...	117-118	#'s 1, 5, 8
Day 4...	119-120	#'s 1, 4, 7, 8
Day 5...	121-122	#'s 2, 8
Day 6...	123-124	#'s 2, 4, 7
Day 7...	125-126	#'s 1, 5, 9
Day 8...	127-128	#'s 2, 3, 5, 8
Day 9...	129-130	#'s 1, 3, 6, 7
Day 10...	131-132	Share your "Create & Share"

Next Up: Teaching review for Lesson Five, Philippians chapter four.
Take notes on the next page.

Stay Connected and Dwelling in the Word
"God's Perfect Timing: A Journey of Hope, Trust, and Steady Joy"
50 Days in the Word
Get the daily reading plan here:
JenniferGRichmond.com

Conclusion

Teaching Time

Philippians 4:1-23 || Anxiety Proof



Watch/Listen to this message on the "Dwelling Richly" podcast - [YouTube.com/c/JenniferRichmond](https://www.youtube.com/c/JenniferRichmond), Spotify, Audible, or any platform/app you enjoy

Conclusion

My Heart to Yours



As we gather for this final session of *Philippians: Joyful & Steady*, my heart is full. I've been thinking back over the weeks we've spent together in this letter – Paul's prison prayers, his fierce joy, his humble Christward posture, his steady, unwavering confidence in the gospel – and I can't help but smile at the way the Lord has used these truths to shape us.

Philippians isn't a long book, but it is a deep one. It has a way of reaching right into the places where worry grows and gently saying, "The Lord is near." It calls us to joy that isn't rooted in circumstances, but in Christ. It teaches us to think differently, live differently, serve differently – to stand firm, rejoice always, pray continually, and hold fast to what is true.

And you have done that. You have dwelt richly in this Word, and you've let it dwell in you. You've prayed through difficult passages, sat with challenging questions, encouraged one another, and opened your hearts to the Spirit's work. Watching you grow – in unity, in discernment, in confidence in Christ – has been one of the sweetest gifts.

As you reflect in your Grace Groups today, I encourage you to pause and really ask: What has the Lord planted in me through *Philippians* that I want to carry into this next season?

Is it the call to rejoice?

The invitation to gentleness?

The refuge of prayer?

The steadiness that comes from fixing your mind on what is true?

The secret of contentment because Christ is enough?

Wherever the Spirit has stirred your heart, linger there. Let it shape the way you step into the holidays, into family gatherings, into quiet evenings, into the beginning of a new year.



And remember this: Paul ends his letter exactly the way he began it – with grace. Grace to sustain you. Grace to steady you. Grace to guard your heart. Grace to remind you that the God who began this good work in you will carry it to completion.

So as we close this study, I want to bless you with that same truth:

May the joy of Christ be your strength.
May the peace of Christ guard your mind.
May the love of Christ shape your words and your ways.
And may the grace of Christ be the final word over every day ahead.

I love you, and I thank God for you. Let's keep dwelling richly – together.

You Are Loved and Prayed for

 Jennifer

Conclusion

What's Next?

November-January

Many of you have shared a few common concerns, and I relate. So, I wrote a 50-day reading plan for those of us who...

- Want to keep the steady rhythm you built in your TWiG time.
- Feel the pressure of the holiday season and wonder how to stay grounded in Scripture when life becomes crowded.
- Sense the weight of family expectations, financial strain, or emotional challenges that make this season feel overwhelming rather than peaceful.
- Want to enter the new year with a heart that is calm and confident rather than anxious or rushed.

For the next seven weeks, you can receive a simple structure that keeps you anchored in God's Word in just a few minutes each day. You will walk through passages that remind you of God's perfect timing, His steady care, and His faithful presence in every season. Each day includes a short reading, a reflection, and one question that helps you respond honestly and prayerfully.

You can do this plan on your own or with a friend. You can also follow along with me through the Dwelling Richly YouTube channel and podcast. I will post weekly encouragement and daily short reflections to help you stay steady and connected.

My hope is that this plan gives you what your heart needs most during the holiday season:

- A return to truth when you feel pulled in too many directions.
- A moment of peace when anxiety tries to rise.
- A reminder that God has always been faithful and He will continue to guide you.
- A simple way to stay rooted until we begin our Colossians study in January.

I am praying that these next fifty days help you slow down, breathe deeply, and dwell richly in the Word that never fails.

I'll be emailing the weekly reading plan Sundays through January or just hop over to JenniferGRichmond.com and get the weekly plan any time.

The Next Dwelling Richly Study - Colossians: Rooted & Renewed

Next for Dwelling Richly is a study through Colossians. I'm excited as this brings us straight to the heart of the mission that has shaped my ministry from the beginning. Everything we do in Dwelling Richly flows from the truth of Colossians 3:16, where Paul calls us to "let the word of Christ dwell in you richly." Colossians shows us what happens when that becomes more than a verse we admire. It becomes a way of living.

In this powerful letter, Paul lifts our eyes to the supremacy of Christ and reminds us that every part of our life is rooted in Him. As we sink our roots deeper into His truth, He renews our minds, reshapes our identity, strengthens our faith, and teaches us how to walk in the fullness that is already ours in Christ. This is the steady, transforming work of the Word dwelling richly in us.

My hope is that this study helps you see how beautifully Colossians captures the heartbeat of our community: a people who love God, love His Word, and let His truth take root in every corner of life. Together, we will enter the new year rooted in Christ and renewed through His Word.

Let's Keep in Touch!

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"Let the Word of Christ
dwell in you richly."

Colossians 3:16