

# PHILIPPIANS: A LETTER FROM LOCKDOWN WEEK 4

## **DAY 1: READ PHILIPPIANS 4:1-3**

Yes, it's true: even Christ-followers laboring in the work of the Gospel can encounter conflict with each other. Paul entreats us to help these women in conflict. In Paul's words, he asks us to help them agree "in the Lord." Why is Christ the central part of reconciliation? Are you in conflict? Do you see conflict with others around you? How can you help bring reconciliation through Christ in these situations? Do it.

## **DAY 2: READ PHILIPPIANS 4:4**

Worship is a lifestyle; it is a conscious, continual choice to praise and trust in the unfailing character of the Triune God. His praise is not and must not be conditional on feelings, circumstance or any of the other worldly, temporal variables we encounter. Paul repeats himself here. Choose to rejoice in the Lord today, right now. When your mind trails off and things get busy, remind yourself: rejoice in the Lord always.

## **DAY 3: READ PHILIPPIANS 4:5 & JAMES 5:7-11**

The Lord is coming soon. We don't know when, but while we wait, we must prepare our hearts and the world around us to warmly receive Him and proudly proclaim His rescuing blood over us. Does your behavior serve as a good example of Christ's work in your life to others? Would anyone want to trust Jesus because of the way you act, speak and the ways you invest your time and resources? What can you do differently?

# Philippians

a letter from lockdown

#### **DAY 4: READ PHILIPPIANS 4:6-7 & MATTHEW 6:25-34**

We're sinners living in a wild, broken world; while we have every reason to be anxious or afraid, let's remember the peace we now have in Jesus. Choose to remember His faithfulness, authority and love for us. Because of Jesus, we can approach the Father with prayer, humble supplication and thanksgiving - and He listens! Today, don't focus on trying to be less anxious; instead, make it a priority to entrust yourself in the caring arms of our Father. Lean into Him with prayer, supplication and thanksgiving.

#### **DAY 5: READ PHILIPPIANS 4:8-9**

What are you dwelling on these days? Are you fixated on the beautiful things that stem from the righteousness of God or do you find yourself swept up in lesser things? No matter your circumstance, feeling or anything else around you, consciously choose to focus on the good things from God. Praise Him for all the cool, beautiful things you notice and thank Him for it.

#### **DAY 6: READ PHILIPPIANS 4:10-13**

Where does your ability come from? What about your peace, contentment, joy or desires? Are they dependent on your circumstances, feelings, finances, relationships and other temporal variables? Paul rejoices in the Lord over big and small things, out of abundance and destitution. Again, rejoice in the Lord always.

#### **DAY 7: READ PHILIPPIANS 4:14-23**

Paul says the gifts he received from the church in Philippi were acts of worship, fragrant offerings, holy and pleasing to God. What can you, your family or small group do to tangibly care and assist those sharing the Gospel beyond the walls of the church? Don't know where to start or who to help? Email [missions@mthorebumc.com](mailto:missions@mthorebumc.com) for help!