

# **The Book of Philippians**

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## **Chapter Four Workbook**

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This Bible Study Workbook is designed to facilitate your study of Chapter Four of the Book of Philippians. Upon completion of the study, it is recommended that you discuss your answers and insights with other Bible Students who also completed the workbook. Further information is available at [www.free-online-bible-study.com](http://www.free-online-bible-study.com)

# Workbook – Philippians Chapter 4

## Philippians 4 (New International Version)

1 Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

2 I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. 3 Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. 9 Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you.

10 I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength.

14 Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid again and again when I was in need. 17 Not that I am looking for a gift, but I am looking for what may be credited to your account. 18 I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to his glorious riches in Christ Jesus.

## Workbook – Philippians Chapter 4

20 To our God and Father be glory for ever and ever. Amen.

21 Greet all the saints in Christ Jesus. The brothers who are with me send greetings. 22 All the saints send you greetings, especially those who belong to Caesar's household.

23 The grace of the Lord Jesus Christ be with your spirit. Amen.

# Workbook – Philippians Chapter 4

## DAY ONE

1. Read verse one. Exactly how are the Philippians to stand and what is the “therefore” there for?

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2. Paul describes a situation in verses 2 and 3.

- What is the problem? \_\_\_\_\_  
\_\_\_\_\_
- What solution is proposed? \_\_\_\_\_  
\_\_\_\_\_
- How is the church motivated to solve the problem? \_\_\_\_\_  
\_\_\_\_\_

3. What does it mean to have one’s name written in the Book of Life? (See Rev 20:11-15 and 21:9-27)?

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## DAY TWO

Look at the table below. The word "joy" occurs six times in the Book of Philippians and the word "rejoice" eight times. From looking at each occurrence given below, what are three things the Philippians told to do with joy, and what 4 causes are the Philippians given to rejoice or be joyful?

Ch	Vs	Scripture
1	4	In all my prayers for all of you, I always pray with joy
1	18	But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice,
1	25	Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith,
1	26	so that through my being with you again your joy in Christ Jesus will overflow on account of me.
2	2	then make my joy complete by being like-minded, having the same love, being one in spirit and purpose.
2	17	But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you.
2	18	So you too should be glad and rejoice with me.
2	29	Welcome him in the Lord with great joy, and honor men like him,
3	1	Finally, my brothers, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.
4	1	Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!
4	4	Rejoice in the Lord always. I will say it again: Rejoice!
4	10	I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it.

## Workbook – Philippians Chapter 4

Do 3 things joyfully:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4 causes for rejoicing:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# Workbook – Philippians Chapter 4

## DAY THREE

1. Paul exhorts the Philippians to think on seven things in verse eight shown below. What about you? What can you or could you think about? Fill in the table below.

Things I can think about that are true, noble, right, pure, admirable, excellent or praiseworthy:	
True	
Noble	
Right	
Pure	
Admirable	
Excellent or Praiseworthy	

2. Do you think Paul experienced God's peace that surpasses all understanding that he speaks about in verse 7? Why or why not?

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3. What peace do Christians enjoy that unbelievers do not?

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## DAY FOUR

1. What are some things that the Philippians (and we fellow Christians today) should and should not do that will give them the peace of God in the verses below?

reference	should or should not do
vs. 4	
vs. 5	
vs. 6	
vs. 8	
vs. 9	

2. Paul says in verse 12 that he has learned the secret of being content in any and every situation. What is that secret?

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# Workbook – Philippians Chapter 4

## DAY FIVE

1. How does not being content with our situation work against us and against our relationship with God?

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2. Read the following passages of Scripture:

- I Cor 4:9:13
- II Cor 6:3-10
- II Cor 11:21-28

How did they help Paul learn the secret he mentions in verse 12?

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# Workbook – Philippians Chapter 4

## DAY SIX

1. Put yourself in the Philippian church. Assume you were involved in the establishment of the church when Paul first arrived some time ago. And now some time later, this letter sent from Paul in a Roman jail was just read to you (all four chapters) for the first time. How does the letter:

Excite or motivate you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Embarrass you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Challenge you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Make you look forward to the future? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_