



Daily Devotion



reading,
thinking, &
praying
through

Philippians

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

September 2021

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October 2021

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Paul in Philippi

From [Neapolis] we reached Philippi, a major city of that district of Macedonia and a Roman colony. And we stayed there several days. [Acts 16:12 (NLT)]

Philippi was a town of Macedonia, in the territory of the Edones, on the confines of Thrace, and very near the northern extremity of the Aegean Sea. It was a little eastward of Mount Pangaeus, and about midway between Nicopolis on the east, and Thessalonica on the west. It was at first called Crenides, and afterwards Datus; but Philip, king of Macedonia and father of Alexander, having taken possession of it and fortified it, called it Philippi, after his own name. Julius Caesar planted a colony here, which was afterwards enlarged by Augustus; and hence the inhabitants were considered as freemen of Rome.¹

The Gospel was preached first here by St. Paul. He had a vision in the night; a man of Macedonia appeared to him and said, "Come over to Macedonia and help us." He was then at Troas in Mysia; from there he immediately sailed to Samothracia, came the next day to Neapolis, and thence to Philippi.

There he continued for some time, and converted Lydia, a seller of purple, from Thyatira; and afterwards cast a demon out of a slave girl, for which he and Silas were persecuted, cast into prison, scourged, and put into the stocks: but the magistrates afterwards finding that they were Romans, took them out of prison and treated them civilly. Then they left town.

¹ Adam Clarke's Commentary

Monday, 30th August

Greetings from Paul & Timothy



¹ This letter is from Paul and Timothy, slaves of Christ Jesus. I am writing to all of God's holy people in Philippi who belong to Christ Jesus, including the elders and deacons. ² May God our Father and the Lord Jesus Christ give you grace and peace.



Who are those who belong to Christ?

These are the people to whom this letter is addressed.

God calls those who belong to Christ holy, saints
What do you call yourself?



Father, I belong to Christ. I am therefore a saint,
holy and separated unto You

It is always very helpful to re-affirm your identity in Christ

Tuesday 31st August

Thanksgiving for Partners in the Gospel

Philippians
1:3-8

NLT

³ Every time I think of you, I give thanks to my God. ⁴ Whenever I pray, I make my requests for all of you with joy, ⁵ for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. ⁶ And I am certain

that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. ⁷ So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favour of God, both in my imprisonment and in defending and confirming the truth of the Good News. ⁸ God knows how much I love you and long for you with the tender compassion of Christ Jesus.



Paul regards the Philippians as his partners in spreading the Gospel.

What does partnership in spreading the good news involve?

The Great Commission (Matthew 28:20) is God's mandate to every Believer. We are therefore called to partner with God in His mission.



Father, You have called every one of us in Christ to partner with

God's children are also God's partners in spreading the Gospel

Wednesday 1st September

Prayer for Overflowing Love



⁹ I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. ¹⁰ For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return. ¹¹ May you always be filled with the

fruit of your salvation—the righteous character produced in your life by Jesus Christ—for this will bring much glory and praise to God.



What does it look like for your love to overflow?

What “really matters” in the context of the passage?

We bring glory and praise to God when our lives are always filled with the fruit of righteousness.
How does that look?



How do you respond to Him in prayer?

The fruit of righteousness in our lives glorifies God

Thursday 2nd September

All Things Work Together for Good



¹² And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. ¹³ For everyone here, including the whole palace guard, knows that I am in chains because of Christ. ¹⁴ And because of my imprisonment,

most of the believers here have gained confidence and boldly speak God's message without fear.



Paul's heart sees gold even in adversity. He sees encouragement where others would glean only despair.

Our estimate of circumstances depends upon the angle from which we look. Much depends on the plane of vision as well as on optical power.



How do you respond to Him in prayer?

May we see life from higher standpoints

Friday 3rd September

Christ is preached



¹⁵ It's true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. ¹⁶ They preach because they love me, for they know I have been appointed to defend the Good News. ¹⁷ Those others do not have pure motives as they preach about Christ.

They preach with selfish ambition, not sincerely, intending to make my chains more painful to me. ¹⁸ But that doesn't matter. Whether their motives are false or genuine, the message about Christ is being preached either way, so I rejoice. And I will continue to rejoice.



The two categories both preach Christ but with different motives.

Our actions are visible to people, and our motives to ourselves and God.

Are there healthy or unhealthy motives for preaching Christ?



How do you respond to Him in prayer?

May our motives and acts be acceptable to You, O LORD

Saturday 4th September **Prayer & The Spirit of Christ at Work**

**Philippians
1:19**

NLT

19 For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance.



“For I know...”

Am I able to distinguish what I know from, what I guess?

What is the difference?

“... through your prayers” (AMP)

“I believe in the efficacy of united prayer, but each one must pray.” CH Spurgeon

“a bountiful supply of the Spirit of Jesus Christ (the Messiah)” (AMP)

How does the Spirit supply or help us?

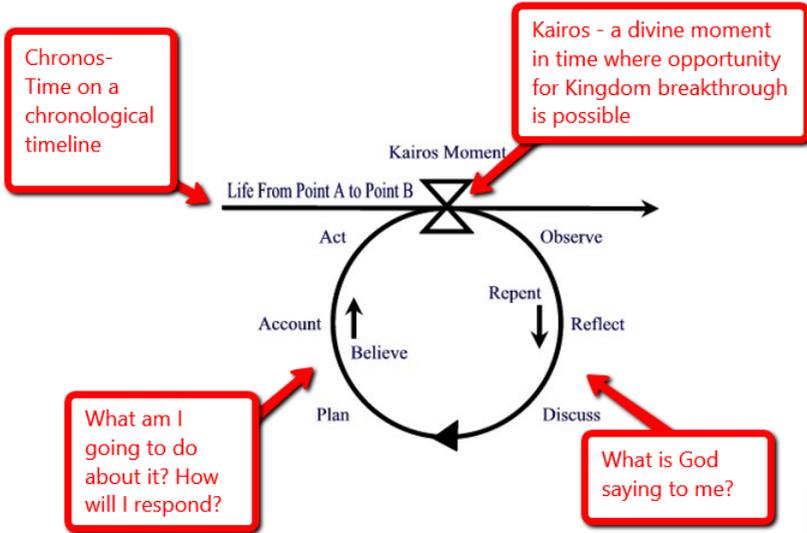
How does this become a talking point with the Father?



How many “I know” or similar statements can you find in the New Testament?

Sunday 5th September **Review of the last six days**
Philippians 1:1-19 **Spirit Blessing in Christ**

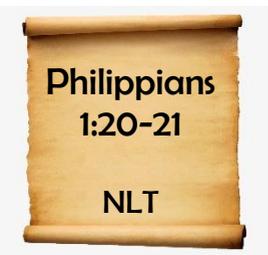
Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 6th September

Living and Dying for Christ



Philippians
1:20-21

NLT

²⁰ For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honour to Christ, whether I live or die. ²¹ For to me, living means living for Christ, and dying is even better.



“I eagerly expect and hope...”

“...and I will... and I trust...”

Paul changes gear from knowledge (“I know”) to expectation (I fully expect”)

What does a life that honours Christ look like?

Paul is assured of his destination beyond the grave.

Am I?

Fear of death, physical death has lost its hold on Paul.

Does fear of physical death have a hold on you?

What makes ‘dying better’?



How does this become a talking point with the Father?

What do you expect, fully expect, based on your knowledge of Christ?

Tuesday 7th September

Should I Go or Remain?

Philippians
1:22-24

NLT

²² But if I live, I can do more fruitful work for Christ. So I really don't know which is better. ²³ I'm torn between two desires: I long to go and be with Christ, which would be far better for me. ²⁴ But for your sakes, it is better that I continue to live.



Paul weighs his options.

Many hold that when and how we die is determined by God.

What does today's text tell us of Paul's view?

Do I, as a disciple of Christ, have such options?



How does this become a talking point with the Father?

How do you resolve conflicting desires?

Wednesday 8th September

Persuaded by Purpose



Philippians
1:25-26

NLT

²⁵ Knowing this, I am convinced that I will remain alive so I can continue to help all of you grow and experience the joy of your faith. ²⁶ And when I come to you again, you will have even more reason to take pride in Christ Jesus because of what he is doing through me.



Paul, being persuaded that he'd remain alive, plans to visit Philippi.

Where does such a conviction come from?

Luke 2:25 tells of Simeon of Jerusalem.

What should I learn from this?

The apostolic inspiration, like the apostolic power of performing miracles, was a gift relative to the apostolic work, not necessarily extending beyond it.



How does this become a talking point with the Father?

What do you expect, fully expect based on your knowledge of Christ?

Thursday 9th September

Citizens of Heaven



²⁷ Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News about Christ. Then, whether I come and see you again or only hear about you, I will know that you are standing side by side, fighting together for the faith, which is the Good News.



We are citizens of heaven, in the world but not of the world. It is important to represent our kingdom well as its ambassadors. How can we conduct ourselves in a manner worthy of the good news about Christ?



How does this become a talking point with the Father?

Friday 10th September

Do Not Be Intimidated

**Philippians
1:28**

NLT

28 Don't be intimidated in any way by your enemies. This will be a sign to them that they are going to be destroyed, but that you are going to be saved, even by God himself.



This world's system will want to force us into its mould. What are the enemies' strategies and in what ways can we refuse to be intimidated?



How does this become a talking point with the Father?

Saturday 11th September

Trusting Amid Struggles

**Philippians
1:29-30**

NLT

²⁹ For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. ³⁰ We are in this struggle together. You have seen my struggle in the past, and you know that I am still in the midst of it.



To suffer for Christ is regarded as a privilege. The journey of faith is not an easy one, but it's worthwhile. You are not alone. It's a privilege also to know that we can trust in Christ throughout the journey.

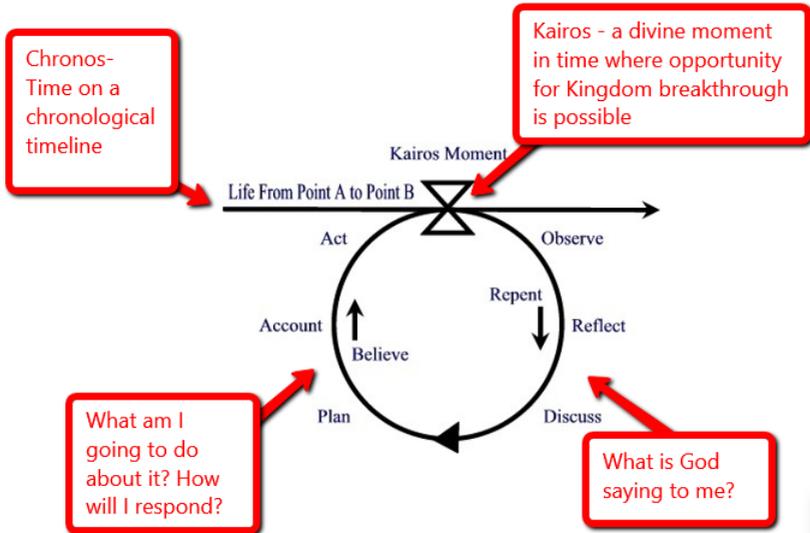


How does this become a talking point with the Father?

Sunday 12th September
Philippians 1:20-30

Review of the last six days Living Is Christ

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 13th September

One Another minded



¹ Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? ² Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and

working together with one mind and purpose. ³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too.



The questions in the first verse need to be answered. The importance of having a oneness of mind, being in unity is mentioned again. This is one of the key kingdom values.



How does this become a talking point with the Father?

Tuesday 14th September

The Mind of Christ

Philippians

2:5-8

NLT

⁵ You must have the same attitude that Christ Jesus had. ⁶ Though he was God, he did not think of equality with God as something to cling to. ⁷ Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human

form, ⁸ he humbled himself in obedience to God and died a criminal's death on a cross.



Christ is our perfect example.

Why is it necessary to have the same attitude he had?

What do we stand to gain from doing so?



How does this become a talking point with the Father?

Wednesday 15th September

Supremacy of Christ



⁹ Therefore, God elevated him to the place of highest honour and gave him the name above all other names, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.



No other name can be compared with His. It stands alone. He only is Redeemer, Saviour. He only is Christ, the Anointed of God. He only is the Son of God. His rank, his titles, his dignity, are above all others.

His elevation and His receiving a name that is above every name was the answer to His high-priestly prayer (John 17:5).



What does the bowing of the knee express?

Thursday 16th September

Work Out What God has Worked IN

Philippians
2:12-13

NLT

¹² Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. ¹³ For God is working in you, giving you the desire and the power to do what pleases him.



Divine partnership:

God is working in us, and we have some work to do as well.

We need to be clear about our responsibilities to fulfil them.



How does this become a talking point with the Father?

Friday 17th September

Shine Like Bright Lights



¹⁴ Do everything without complaining and arguing, ¹⁵ so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

¹⁶ Hold firmly to the word of life; then, on the day of Christ's return, I will be proud

that I did not run the race in vain and that my work was not useless.



Is it possible not to complain?

What do you tend to complain about?

What's the connection between shining as lights and holding firmly to the word?



How does this become a talking point with the Father?

Saturday 18th September

The Joy of Being Poured Out

Philippians
2:17-18

NLT

¹⁷ But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. ¹⁸ Yes, you should rejoice, and I will share your joy.



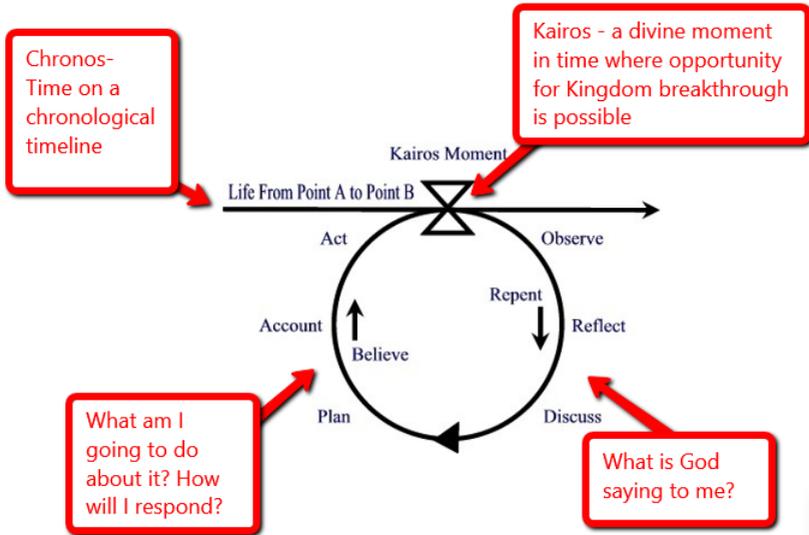
Your faithful service is an offering to God. It does not matter whether you are seen of men or even affirmed.



How does this become a talking point with the Father?

Sunday 19th September **Review of the last six days** **Philippians 2:1-18** **Have the Mind of Christ**

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 20th September

An Encouragement

**Philippians
2:19**

NLT

¹⁹ If the Lord Jesus is willing, I hope to send Timothy to you soon for a visit. Then he can cheer me up by telling me how you are getting along. ²



Timothy was the son of a Jewish mother and Gentile father, but Paul always considered the young man his own "dearly beloved son" in the faith. He met him on his first missionary journey, at which time, perhaps, the youth was converted.



Your presence can be an encouragement to someone.

How does this become a talking point with the Father?

² 2 Timothy 1:2

Tuesday 21st September

Going Beyond Self



²⁰ I have no one else like Timothy, who genuinely cares about your welfare. ²¹ All the others care only for themselves and not for what matters to Jesus Christ. ²² But you know how Timothy has proved himself. Like a son with his father, he has served with me in preaching the Good News.



Do you care about the welfare of others?
Do you care about what matters to the kingdom? This should affect our attitude.



How does this become a talking point with the Father?

Wednesday 22nd September **Godly Confidence**

**Philippians
2:23-24**

NLT

²³ I hope to send him to you just as soon as I find out what is going to happen to me here. ²⁴ And I have confidence from the Lord that I myself will come to see you soon.



Your presence can be an encouragement to someone.



How does this become a talking point with the Father?

Thursday 23rd September

A Brother, Co-worker & Fellow Soldier

Philippians
2:25

NLT

²⁵ Meanwhile, I thought I should send Epaphroditus back to you. He is a true brother, co-worker, and fellow soldier. And he was your messenger to help me in my need.



Epaphroditus means so much to Paul. Epaphroditus was concerned about Paul. When he heard in Philippi that Paul was a prisoner in Rome, he volunteered to make that long, dangerous trip to Rome to stand at Paul's side and assist him. He carried the church's love gift with him, protecting it with his own life.



Paul cannot seem to say enough about Epaphroditus – a brother, co-worker, fellow soldier. What does Epaphroditus exemplify?

Friday 24th September **God's Mercy Prevails**

**Philippians
2:26-28**

NLT

²⁶ I am sending him because he has been longing to see you, and he was very distressed that you heard he was ill. ²⁷ And he certainly was ill; in fact, he almost died. But God had mercy on him—and also on me, so that I would not have one sorrow after another. ²⁸ So I am all the more

anxious to send him back to you, for I know you will be glad to see him, and then I will not be so worried about you.



After arriving in Rome, Epaphroditus became very ill. In fact, he almost died. This delayed his return to Philippi, and the saints there became concerned about him. But he was not burdened about himself; he was burdened over the people in Philippi because they were worried about him!



Paul explains why he is sending Epaphroditus back to Philippi.

Saturday 25th September

Sacrifice in Service

Philippians

2:29-30

NLT

²⁹ Welcome him with Christian love and with great joy, and give him the honour that people like him deserve. ³⁰ For he risked his life for the work of Christ, and he was at the point of death while doing for me what you couldn't do from far away.



What a tragedy it would be to go through life and not be a blessing to anyone! Epaphroditus was a blessing to Paul.

The saints are encouraged to honour him because of his sacrifice and service. Christ gets the glory, but there is nothing wrong with the servant receiving honour.

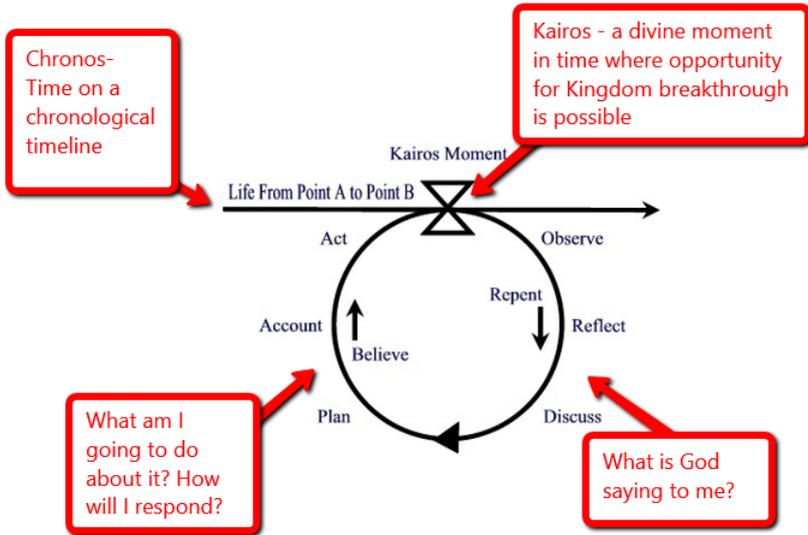


To whom is my life a channel of blessing?

Sunday 26th September
Philippians 2:19-30

Review of the last six days Timothy & Epaphroditus

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 27th September

Rejoice in the Lord



¹ Whatever happens, my dear brothers and sisters, rejoice in the Lord. I never get tired of telling you these things, and I do it to safeguard your faith.



Joy is a fruit of the spirit.

What are key tips to allow the joy of the Lord to have its place in our lives?



How does this become a talking point in your conversation with the Father?

Tuesday 28th September

Beware of Dogs

Philippians

3:2-3a

NLT

² Watch out for those dogs, those people who do evil, those mutilators who say you must be circumcised to be saved. ³ For we who worship by the Spirit of God are the ones who are truly circumcised. We rely on what Christ Jesus has done for us.



A reminder from the book of Galatians. We are made right with God by faith in Christ and not by circumcision. We thank God for his amazing grace.



How does this become a talking point in your conversation with the Father?

Wednesday 29th September

No Confidence in Human Credentials

Philippians
3:3b-7

NLT

We put no confidence in human effort,⁴ though I could have confidence in my own effort if anyone could. Indeed, if others have reason for confidence in their own efforts, I have even more!⁵ I was circumcised when I

was eight days old. I am a pure-blooded citizen of Israel and a member of the tribe of Benjamin—a real Hebrew if there ever was one! I was a member of the Pharisees, who demand the strictest obedience to the Jewish law.

⁶ I was so zealous that I harshly persecuted the church. And as for righteousness, I obeyed the law without fault. ⁷ I once thought these things were valuable, but now I consider them worthless because of what Christ has done.



Which of these make me right with God?

- a. My good works
- b. My family/ethnic pedigree
- c. My educational/professional attainment
- d. My social status
- e. My religious status

How do these compare to what Christ has done?



How does this become a talking point in your conversation with the Father?

Thursday 30th September **But Knowing Christ Alone**

Philippians
3:8-9a

NLT

⁸ Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ ⁹ and become one with him.



Everything pales into insignificance compared to knowing Christ.

Jesus describes the Kingdom of Heaven as:

“a treasure that a man discovered hidden in a field. In his excitement, he hid it again and sold everything he owned to get enough money to buy the field.”

[Matthew 13:44, NLT]



Have I placed anything before knowing Christ Jesus as Lord?

How does this become a talking point in your conversation with the Father?

Friday 1st October

Made Right with God through Faith in Christ

Philippians
3:9b

NLT

I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith.



Righteousness is the ability to stand in the presence of the Father God without fear or the sense of guilt or inferiority.

Are you right with God?

How did you become right with God?

How do you stay right with God?



How does this become a talking point in your conversation with the Father?



What are you going to do about it?

Saturday 2nd October **A Desire to Experience Christ**

**Philippians
3:10-11**

NLT

¹⁰ I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, ¹¹ so that one way or another I will experience the resurrection from the dead!



Do you desire to know Christ more?
The proof of desire is pursuit. How do you intend to pursue that desire?



How does this become a talking point with the Father?

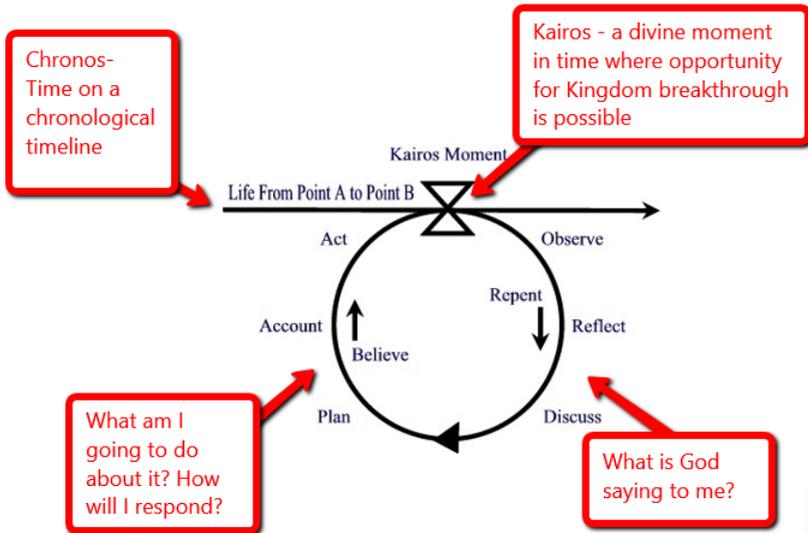


What are you going to do about it?

Sunday 3rd October
Philippians 3:1-11

Review of the last six days Experiencing Christ

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 4th October **Press On**

Philippians

3:12

NLT

¹² I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me.



“Press” involves some effort. It also implies that there is resistance. What are the things to do to press to possess perfection? In what ways can there be resistance?



How does this become a talking point in your conversation with the Father?



What are you going to do about it?

Tuesday 5th October

Keep Pressing On

Philippians
3:13-14

NLT

¹³ No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.



Dwelling on the past (both positive and negative experiences) can prevent you from focusing on the future.



How does this become a talking point with the Father?



What are you going to do about it?

Wednesday 6th October **Conform to the Truth**



Philippians
3:15-16

NLT

¹⁵ Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. ¹⁶ But we must hold on to the progress we have already made.



The spiritually mature are encouraged to incline and determine to press forward with zeal and diligence to still higher attainments in conforming to Christ image.



How does this become a talking point in your conversation with the Father?



What are you going to do about it?

Thursday 7th October

Pattern of Christlikeness



¹⁷ Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.



Loving and following God can be hard because God is invisible. That is why God sent His own Son into the world. God took human form so that by seeing Jesus, we can see God and thereby know how we should live. Following this same pattern, Paul says, if you are confused at what it means to live out the Christian faith, look at my life.

The Gospel is not something that is merely taught, it needs to be caught. The truth of the Gospel needs to be embodied in people and when we observe a person living for God, we can look at that person and say, aha, that's how I should live out my faith.



We also can be examples of Christlikeness to others.

Friday 8th October

Enemies of the Cross of Christ



¹⁸ For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. ¹⁹ They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on

earth.



What shows someone as an enemy of the cross of Christ?

The text lists four characteristics of an enemy of the cross of Christ:

- a.
- b.
- c.
- d.



What is the focus of my life right now?

What do I spend my time and energy pursuing: the things of this world, or the things of the next world?

Saturday 9th October

Stay True to Your Citizenship



Philippians
3:20-4:1

NLT

²⁰ But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Saviour. ²¹ He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

^{4:1} Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work.



As citizens of heaven, we live in this world as ambassadors. We represent the interest, will and purpose of heaven on earth.

God's purpose has always been that His will be done on earth as it is in heaven. [See Matthew 6:9-13]

How do you stay true to your heavenly citizenship?
What do you recognise as God's will and purpose?
What's your role in the fulfilment of God's purpose on earth?

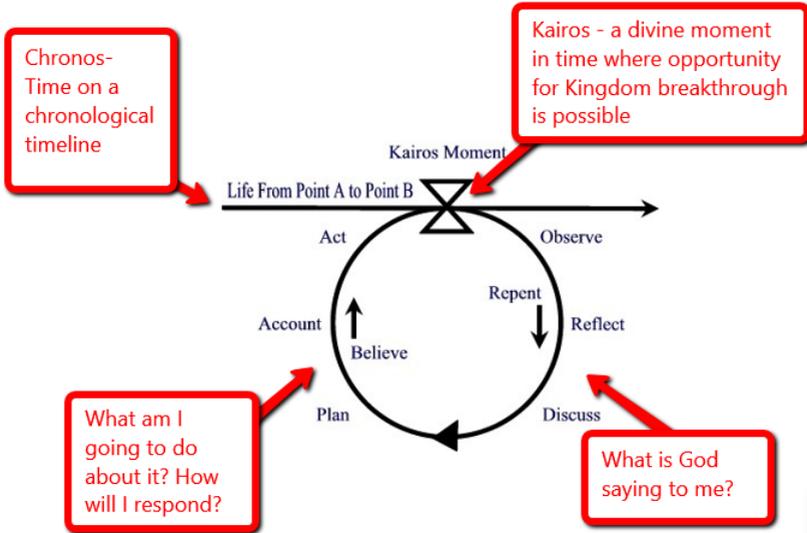


How does this become a talking point in your conversation with the Father?

Sunday 10th October
Philippians 3:12-4:1

Review of the last six days Maturing in Christ

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 11th October

Live in Harmony



Philippians

4:2-3

NLT

² Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. ³ And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.



Psalm 133 describes the beauty & benefits of living in harmony:

How wonderful and pleasant it is when brothers live together in harmony!

For harmony is as precious as the anointing oil that was poured over Aaron's head, that ran down his beard and onto the border of his robe.

Harmony is as refreshing as the dew from Mount Hermon that falls on the mountains of Zion. And there the LORD has pronounced his blessing, even life everlasting. [NLT]

What are you prepared to do to live in harmony in your:

- community of faith?
- family?
- Neighbourhood?



How does this become a talking point with the Father?

Tuesday 12th October

Live Joyfully



Philippians

4:4

NLT

⁴ Always be full of joy in the Lord. I say it again—rejoice!



The foundation of living joyfully always can be in nothing else than our union with Jesus Christ.

What is the source of our joy?

Can anything - temporal or eternal - stop the joy of the Disciple of Christ?



How does this become a talking point in your conversation with the Father?

Wednesday 13th October

Live Expectantly

**Philippians
4:5**

NLT

⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.



“Let your sweet reasonableness, your forbearance, your being satisfied with less than your due, become known to all men.” [Wuest Expanded Translation]

The expectation of the soon coming of the Lord Jesus should produce temperance in our manner of living. The prospect of His coming should render earthly bickering and wrangling utterly trivial.



How does this become a talking point in your conversation with the Father?

Thursday 14th October **Live Worry-free**



⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.



An exact repetition of our Lord's command, "I tell you not to worry about everyday life" (in Matthew 6:25; Matthew 6:34 NLT). Why do humans worry?

How do we rise above worries and anxieties?
(1Peter 5:7; 2Corinthians 6:1)



How does this become a talking point in your conversation with the Father?

Friday 15th October

Mind Your Thinking

Philippians

4:8

NLT

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



Our thoughts are much more than what goes on inside our head. They influence the way we live our life.

“Fix your thoughts...”

How can we fix our thoughts?



Uncontrolled thinking is like a dump yard that receives all sorts of waste. What are the likely consequences of allowing any kind of thoughts in our minds?

How does this become a talking point in your conversation with the Father?

Saturday 16th October

Practise, Practise and Practise

Philippians
4:9

NLT

⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.



Putting into practise what we read and learn from Scriptures is a sure way of avoiding self-deceit. [James 1:22-24]

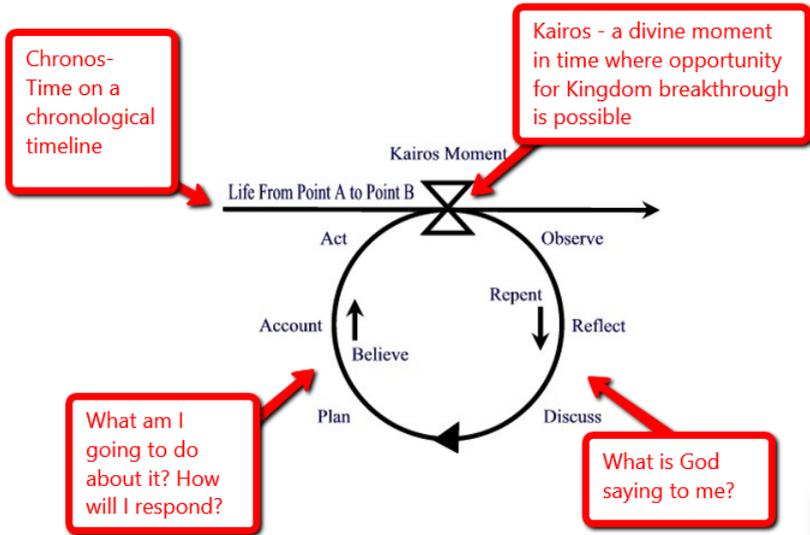


How does this become a talking point in your conversation with the Father?

Sunday 17th October
Philippians 4:2-9

Review of the last six days Embracing Christ Daily

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____

Monday 18th October **Live Contented in Every State**

**Philippians
4:10-11**

NLT

¹⁰ How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have.



Godliness accompanied with contentment (that contentment which is a sense of inward sufficiency) is great and abundant gain. [1 Timothy 6:6, AMP]

How does one learn contentment?

Is contentment same as containment?



How does this become a talking point with the Father?

Tuesday 19th October

Live Independent of Circumstance

Philippians
4:12-14

NLT

¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

¹³ For I can do everything through Christ, who gives me strength. ¹⁴ Even so, you have

done well to share with me in my present difficulty.



“I have learned the secret of ...” of living in adversity or prosperity. It requires as much grace to keep the heart right in prosperity, as it does in adversity, and perhaps more.

Do you allow circumstances to define you?



How does this become a talking point in your conversation with the Father?

Wednesday 20th October

Live Generously & Kindly

**Philippians
4:15-17**

NLT

¹⁵ As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then travelled on from Macedonia. No other church did this. ¹⁶ Even when I was in Thessalonica you sent help more than once.

¹⁷ I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness.



The principle of 'reward for your kindness' is described as 'fruit that may be credited to your account' [Berean Study Bible]. It is only as we abide in Christ and His words abide in us that we bear much fruit. Separate from Him we can do nothing.



How does this become a talking point in your conversation with the Father?

Thursday 21st October

A Gift to Paul or A Sacrifice to God?

Philippians
4:18-20

NLT

¹⁸ At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. ¹⁹ And this

same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

²⁰ Now all glory to God our Father forever and ever! Amen.



“I am generously supplied with the gifts”

The gift must have been ample. Paul does not only acknowledge it but invokes an Old Testament imagery of offering sacrifices to God.

Work with enthusiasm, as though you were working for the Lord rather than for people. [Ephesians 6:7, (NLT)]



What are the benefits of regarding our generosity both as service to people and sacrifice to God?

We should expect divine supply when our generosity is regarded as a sacrifice to God.

Friday 22nd October

Greetings to God's Holy People

Philippians

4:21-22

NLT

²¹ Give my greetings to each of God's holy people—all who belong to Christ Jesus. The brothers who are with me send you their greetings. ²² And all the rest of God's people send you greetings, too, especially those in Caesar's household.



When does one become a saint?

At the time of saving faith in Jesus the Believer is made a saint; therefore, all Believers are saints.

The Believer participates with the Spirit in a process of transformation that continues until glorification. The goal of which is progressive conformity to the image of Jesus Christ.



“What do you call those who have placed their trust in the salvation and lordship of Jesus?”

Saturday 23rd October **Benediction**

**Philippians
4:23**

NLT

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



For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. [John 1:16-17, ESV]

What is grace? How do you read this benediction?



How does this become a talking point in your conversation with the Father?

Sunday 24th October
Philippians 4:10-23

Review of the last six days
Practical Living in Christ

Today is an opportunity to pause, reflect, process and act on your week's Kairos moment(s).



This week, _____



reading, thinking, & praying through

Philippians

with a desire to DO

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