

Choose Joy (Week 1) Devotions from Philippians



This devotional guide is one part of our larger series based on the book of Philippians. [Click here](#) to browse all the guides in this series. You can also leave a [comment below](#) to share your ideas with other readers.

First Day: Read Philippians 1

- How many times did Paul say joy and rejoice? Write the verses.
- Look up the definition of joy.
- What brings you joy? Will you thank God for what brings you joy?

Second Day: Read Philippians 1:1-7

- Who is sending this letter?
- Who is the letter written to?
- Who are some people you thank God for?
- What is Paul confident about in verse 6?
- How could this verse help you in your life today?

Third Day: Read Philippians 1:8-14

- In verse 10 what does Paul tell the Philippians they need to do?
- What choices can you make today that would be the best or excellent?
- At the time of this letter Paul is under house arrest in Rome. How did Paul view his circumstances?
- What good came from Paul's difficult circumstances?
- How can others see God in your life through your circumstances?

Day Four: Read Philippians 1:15-18

- What were the two reasons Paul gives for why people were preaching the Gospel?
- What was Paul's attitude about the different motivations? (Verse 18)
- Have you ever shared the Gospel with someone? Will you pray and ask God to show you someone whom you can share the Good News?

Day Five: Read Philippians 1:19-24

- What was Paul struggling with in these passages?
- Write in your own words what verse 21 means to you.

Day Six: Read Philippians 1:25-30

- In verse 27 Paul says, "Stand fast (stand firm) in one spirit." Look up the word unity. How are you trying to stand fast in one spirit (keep unity) with other believers?
- How are you preparing to suffer for Jesus' sake (verse 29)?

Choose Joy (Week 2) Devotions from Philippians



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[Print](#) a copy of this for each child or adult participating in the study. We recommend they also have a personal notebook for the study.



Day One: Read Philippians 2:1-4

- How has Jesus comforted you? Who can you comfort?
- What does Jesus say the first and second greatest commandments are? (Read Matthew 22:36-40)
- How should we love others? (John 13:34)
- How will others know that we are Christ's disciples? (John 13:35)

Day Two: Read Philippians 2:1-4

- Using your own words what does like-minded mean? Give an example of how two people could have different opinions but can be like-minded.
- What is selfish ambition? How often are you focused on doing what you want and not

concerned about the needs of others?

- What can you do today that focuses on others and not yourself?

Day Three: Read Philippians 2:1-4

- What sin causes us to look down on others or criticize them?
- If you struggle with criticizing others from verse 3 how should think about others?
- We must esteem others in lowliness of mind better than ourselves, be severe upon our own faults and charitable in our judgments of others, be quick in observing our own defects and infirmities, but ready to overlook and make favorable allowances for the defects of others. We must esteem the good, which is in others above that which is in ourselves; for we best know our own unworthiness and imperfections. (Taken from Matthew Henry's commentary)
- This week when you find yourself "looking down" on someone stop yourself and think of how you can give them the benefit of the doubt. Write down how God helped you to do this.

Day Four: Read Philippians 2:5-8

- Whose attitude does Paul tell us we should imitate? (Verse 5)
- How did Jesus humble Himself?
- In what way can you serve others today?

Day Five: Read Philippians 2:5-8

- From day four review how Christ humbled Himself?
- What did Christ give up so we could have salvation?
- What are you willing to give up so others can know Jesus and be saved?

Day Six: Read Philippians 2:9-11

- How did God reward Jesus' humility and obedience?
- How does your life show that you have bowed your knee (surrendered your life) and confessed that Jesus is Lord?

Choose Joy (Week 3) Devotions from Philippians



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Day One: Read Philippians 2:12-16

1. From verse 12 what did the Philippians do when Paul was present and when he was absent?
2. Do you only obey when others are watching you? How is your obedience (whether someone is watching or not) affected when you remember that God is always watching you?
3. Read Matthew 7:24 and James 1:22-24. What two things are important for every believer?

Note: You work out your salvation when you hear God's words and put them into practice.

4. What has God told you to do that you need to put into practice? (If nothing comes to mind, stop right now and pray that God would show you what He is asking you to do and when He shows you write it down and pray for Him to help you to do what He says.)

Day Two: Read Philippians 2:12-16

5. Fill in the blanks: Do _____ things without _____ and _____.

6. What do you complain about? Will you ask God to forgive you for complaining and put this verse into practice?

7. Memorize Philippians 2:14.

Day Three: Read Philippians 2:12-16

8. What should God's children be doing in the corrupt culture we live in (verse 15)?

9. How is your life any different than the culture you live in?

10. How much time did you spend in God's Word this week?

Day Four: Read Philippians 2:17-18

11. What was Paul's attitude and what did he want the Philippians to do as well?

12. Take some time to thank God for His blessings to you. What difficulties in your life will you thank Him for?

Day Five: Read Philippians 2:19-24

13. Who do you know that desires to live a Godly, Christian life?

14. Would others say that you are focused on Christ or on yourself?

Day Six: Read Philippians 2:25-30

15. From verse 29 what did Paul tell the Philippians to do for Epaphroditus?

16. Name some people you know who have been servants of Christ for you and have served you by teaching you and leading you to Him?

17. How can you honor those who have served Christ in your life?

18. What was the most meaningful thing you learned from these passages?

Choose Joy (Week 4) Devotions from Philippians



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Day One: Read Philippians 3:1-3

1. Why did Paul not mind writing the same things over for the Philippians?
2. What phrase in verse one is repeated in chapters 1 and 2?
3. Why do you think Paul keeps reminding the Philippians to do this?
4. We rejoice in the Lord when we praise Him and thank Him for who He is and what He has done for us. How can you rejoice in the Lord today?

Day Two: Read Philippians 3:1-3

5. What three things did Paul tell the Philippians to beware of?

Dogs are false teachers. When Paul uses mutilators of the flesh he is comparing those who believe that Christians should be circumcised with the heathen who gash and mutilate

themselves.

6. Can you think of anyone in our day that is a false teacher? How will you be able to recognize a false teacher?

Day Three: Read Philippians 3:3-6

7. Write in your own words what it means to have no confidence in the flesh?

8. Paul writes of things he could be confident about. Write things that Paul said he had reason to be confident in his own flesh.

Day Four: Read Philippians 3:7-9

9. As a Christian how did Paul see those things he had confidence in? (Verses 7 and the end of 8)

10. How did Paul receive righteousness? (Verse 9)

11. What are you depending upon to be righteous before God?

Day Five: Read Philippians 3:10-14

12. From verse 10 what does Paul want?

13. What do you want? What are you doing to get what you want?

Day Six: Read Philippians 3:10-14

14. What three things must Paul do to receive his prize?

15. What are you doing to 'train' in the Christian race?

16. What are your goals in your life? Do these goals focus you on crossing the finish line and receiving the prize Christ has for you?

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

Choose Joy (Week 5) Devotions from Philippians



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Day One: Read Philippians 3:15-16

Note: It is important to always pray and ask the Holy Spirit to give you an understanding of the Scripture you are studying. If you still have difficulty, read in another version to get a better understanding.

1. From verse 16 what is Paul saying the believers should have?
2. How are you living in unity with those whom you don't always agree with?

Day Two: Read Philippians 3:17-19

3. Whose example should the Philippians follow?
4. From the following passages whose example should you imitate?

a. Hebrews 6:12 _____

b. Hebrews 13:7 _____

c. 3 John 1:11 _____

5. Name some people that God would want you to imitate because their life is an example of following Christ. Is there someone in your life that is a bad example that you should not follow?

Day Three: Read Philippians 3:17-19

6. What is the future of the enemies of Christ? (Verse 19)

7. Give an example of setting your mind on earthly things.

8. What are some earthly things you set your mind on?

9. Read Colossians 3:1-2. Will you pray that God will help you keep your mind on things of Christ?

Day Four: Read Philippians 3:20-21

Citizenship:

1. The state of being vested with the rights, privileges, and duties of a citizen.

2. The character of an individual viewed as a member of society; behavior in terms of the duties, obligations, and functions of a citizen: an award for

10. What are some privileges for a citizen of heaven?

11. How does your behavior cause others to know you are a citizen of heaven? What behaviors need to change with God's help so you can look more like a citizen of heaven?

Day Five: Read Philippians 3:20-21

12. Who are we eagerly waiting for and why?

13. What does 1 John 3:2 say believers will be like when we see Jesus?

14. How does Christ's soon return affect the way you live? Will you pray that each day your focus will be upon Jesus and His soon return?

Day Six: Read Philippians 4:1-3

Note: Stand firm-being steadfast-keeping a steady gaze on Christ and your future with Him.

15. What do these verses say about standing firm (stand fast)?

a. 1 Corinthians 16:13(NKJV) _____

b. Isaiah 7:9b (NIV)_____

c. 1 Corinthians 15:58 (NIV)_____

d. Ephesians 6:14 (NIV)_____

e. 2 Thessalonians 2:15 (NIV) _____

f. James 5:8 (NIV) _____

g. 1 Peter 5:8-9 (NIV) _____

16. As you studied this lesson, what was most meaningful to you and why?

Scripture Memory: Philippians 3:20 For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ,

Choose Joy (Week 6) Devotions from Philippians



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Memory Verse: Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8

Day One: Read Philippians 4:4

1. From these verses what are some reasons to rejoice?

- a. Psalm 63:7 _____
- b. Matthew 5:12 _____
- c. Luke 13:17 _____
- d. John 16:22 _____
- e. Romans 5:11 _____
- f. 1 Peter 4:12-13 _____

2. What are some reasons you have to always rejoice in the LORD? When is it difficult for you to rejoice?

Day Two: Read Philippians 4:5

3. Why do believers need to be gentle with everyone?

a. 2 Samuel 22:36 _____

b. Proverbs 25:15 _____

c. Matthew 11:29 _____

d. Galatians 5:22-23 _____

e. 2 Timothy 2:24 _____

4. Who do you have a difficult time being gentle with? How can these verses help you to be gentler?

Day Three: Read Philippians 4:5

5. What does it mean that the Lord is at hand? (See James 5:8)

6. Read Revelation 22:7,12. Why is it important to obey God's Word every day?

7. How are you living in such a way that you are looking for Jesus to return at any moment?

Day Four: Read Philippians 4:6-7

8. What are some things that are happening in the world that would cause people to be anxious?

9. What are some things that make you anxious (worry)?

10. In verse 6, what should you do when you are tempted to worry?

11. What does God give believers who obey verse 6 (found in verse 7)?

Day Five: Read Philippians 4:8-9

Note: To meditate is to think about continually. Verse 8 gives us many things to think upon to protect us from anxiety.

12. What are some things that are true that you can think on?

13. What are some things that are noble (morally good) and pure that you can think on?

14. What do you need to remove from your life that is not helping you to think on these things?

Day Six: Read Philippians 4:8-9

15. Another word for good report is admirable. What are some admirable things you can think about?

16. What do you spend most of your day thinking about? Do your thoughts line up with what Paul says believers should continually think upon?

17. Write down how this study has helped you experience God's peace and His presence as you have tried to put into practice what you have learned this week

Choose Joy (Week 7) Devotions from Philippians



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Memory Verse: Philippians 4:11b-13 NIV For I have learned to be content whatever the circumstances. 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. I can do everything through him who gives me strength.

Day One: Read Philippians 4:10-13

1. How do you think Paul learned to be content?
2. What happens to a person who is not content? Do you think it is pleasant to be around a discontented person for very long?
3. What area of your life do you need to be content?

Day Two: Read Philippians 4:10-13

4. What do these verses say about contentment?
 - a. Proverbs 19:23(NIV) _____

b. 1 Timothy 6:6 _____

c. Hebrews 13:5 _____

5. Discontentment can be overcome when we have a thankful heart for what God has given us. It is a choice to be thankful and not to complain. Give an example of something you are discontent with and then think of something you could choose to thank God for instead of complaining.

Day Three: Read Philippians 4:10-13

6. How was Paul able to be content with whatever came into his life (verse 13)?

7. Fill in the blanks and make this a prayer for yourself when you are facing something that seems impossible for you to do:

_____ (Your Name) can _____ through Christ who strengthens him/her.

Day Four: Read Philippians 4:14-19

8. What did the Philippians share with Paul (Verse 14)?

9. Out of all the churches Paul had ministered to, how many sent him aid (verse 15)?

10. How could a person have fruit from sending a missionary money to help them as they serve the Lord? (Example: You put \$5 in the offering for a missionary who needs money to buy Bibles for people in China.)

11. What are you doing to help those who are serving God?

Day Five: Read Philippians 4:19-23

12. What are some needs that you have in your life right now?

13. How does God's promise to supply all your needs (verse 19) comfort you?

14. Who could you encourage with this promise?

Day Six: Skim Philippians 1-4

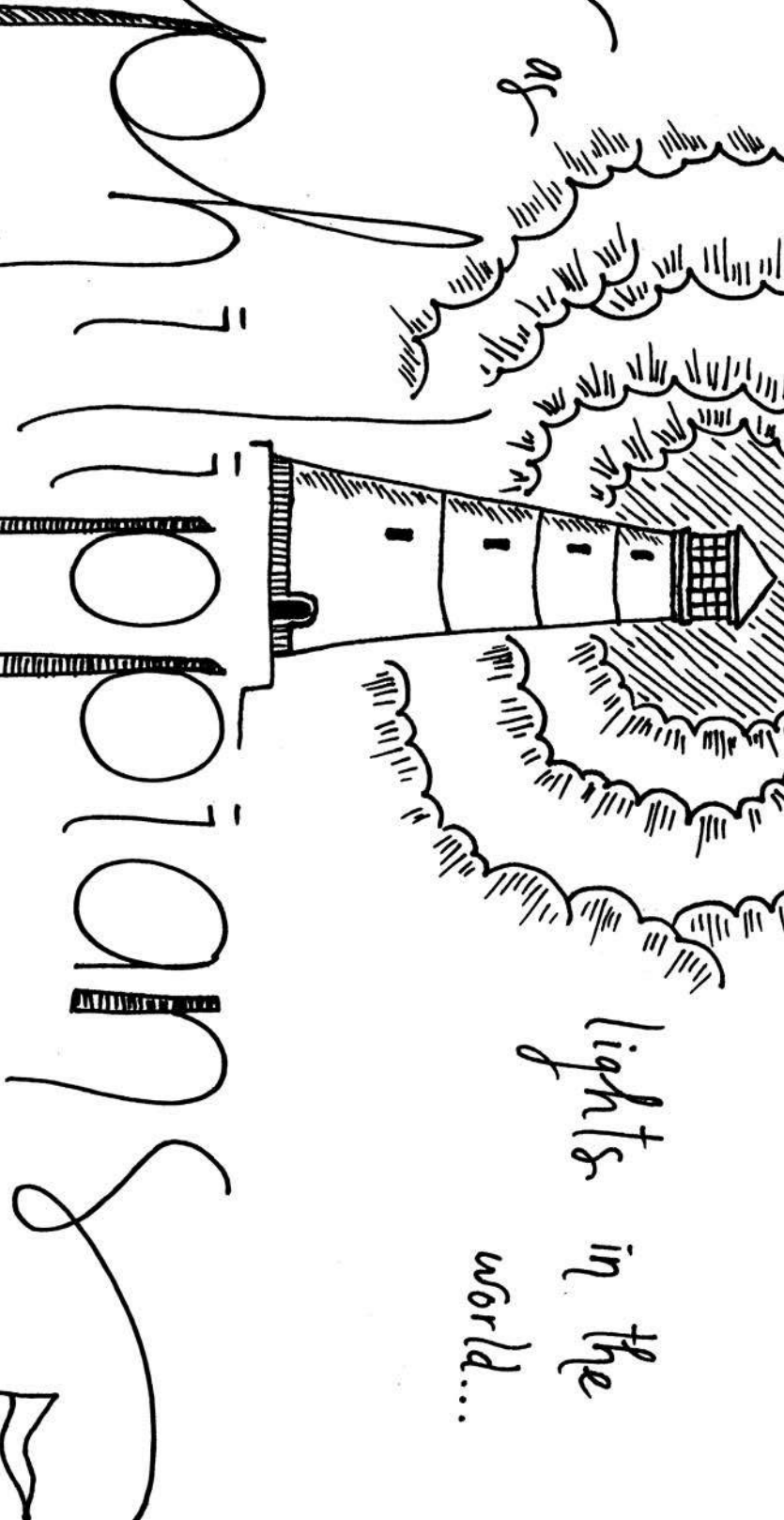
Man's chief aim is to glorify God and enjoy Him forever.

15. How has the study of Philippians helped you to live a life that glorifies God?

16. What was the most meaningful thing that you learned from studying Philippians?

17. How has your thinking been changed as you studied this book?

... Shine
as
lights in the
world...



Be anxious
for
NOTHING

I Press on toward the goal...



Mandy Grace '16

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8 Easy Tips for Family Devotions

 ministry-to-children.com/family-devotions-tips

Kristin Charles

May 1,
2011

Two weeks ago, our family sat around the breakfast table and opened our first “Resurrection Egg.” I was so excited to break open these nifty little teaching tools, with elements of Christ’s journey to the cross, tucked inside. I had visions of dreamy Bible lessons and sweet little children soaking in every word. Well, it didn’t quite happen like I had imagined.

Instead, this is what ensued: A disagreement over who got to open the first egg; The donkey (it was Palm Sunday, after all) popping out of the egg and landing on the floor; Two children scrambling under the table to find the donkey first and one hitting his head in the process; One adamantly insisting that the donkey was a small dog; Scripture being read; Spilled milk; The three-year old donning on his roller skates while mom attempted a clean up; Haggling to get said child back to the table; Shortest Bible lesson ever; Several hours later, an onslaught of questions from the five-year old.

Let me tell you. It was far from the dreamy Bible lesson I had anticipated. However it was something. And, gauging from the questions that followed after the fact, that “something” managed to find its way into one heart (and completely over the other one’s head). The discussion with our five year old reminded me that God is working in our children’s hearts, even when we least expect it. Family devotions are worth every minute of set-aside time.

Here are some ways to initiate devotions with your family and how to keep them going strong:

1. **Keep Them Regular:** Set a specific time of day, such as during breakfast, after dinner, or before bed. Sticking to the routine will help you to incorporate it more regularly into your daily life.
2. **Keep Them Easy:** Have everything you need to do your devotions in a prominent place. For example, utilize a dining room table basket as a centerpiece and as reminder. In the basket, include napkins, salt and pepper shakers, a Bible, and a small devotional book. Even if the adults forget to initiate the devotions, your kids will see the visual and remember.
3. **Keep Them Engaging:** Cater your Bible teaching to the age of your children. Keep it relevant to their daily life. For younger children, keep the devotions short to coincide with their attention span. For older children, communicate with them as adults. Allow them to select topics, ask questions, and give them the responsibility of teaching occasionally.

4. **Keep Them Real:** Make sure your children know that you are not infallible. If you have wronged them in any way, ask for forgiveness and explain how you want to handle yourself next time. Provide a model of grace, humility, and forgiveness for them to follow.
5. **Keep Them Growing:** Think of practical ways that you can each apply what you have learned in the devotions. Be the first to apply the lesson. Deliberately look for love in action in your children or spouse. Encourage one another.
6. **Keep Them Flexible:** Inevitably, there will be days that will not fall into the routine. Be creative and do devotions on the run. Incorporate a favorite Bible verse or challenge into the plans for the night. Live out your faith in the drive thru, at the soccer game, and while grocery shopping. (Some of our best faith conversations have been in the car.)
7. **Keep Them Imperfect:** No one's family devotions will be perfect. Know that and keep trying anyway. Persevere and hold onto the truth that God's Word will not return void.
8. **Keep Them Fun:** The last thing you want is for your kids to roll their eyes during this time. You want them to eagerly anticipate the Bible teaching. Consider acting out lessons with dress up clothes and/or puppets, make verses hands on, create things together, have fun, and be silly.

Clearly, this is not an exhaustive list. So, what works for your family? We would love to hear your comments and suggestions! Thank you!

We hope you enjoy this free resource.

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