



THE PHILIPPIANS  
**PERSPECTIVE**

SEEING LIFE THROUGH A DIFFERENT LENS

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WEEK 4 BIBLE STUDY

# When Worry Steals Contentment

Digging Deeper into Philippians 4

Monday May 11th - Saturday May 16th



High  
**Pointe**  
CHURCH

## WELCOME TO WEEK 4

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This week we walked through Philippians chapter 4 and discovered that worry steals our contentment by making us pay today for tomorrows that may never come. But God offers a peace that guards every heart that learns to surrender, pray, and reset their thoughts on Him.

This six-day Bible study is designed to help you go deeper into the themes of Sunday's message and to finish our journey through Philippians together. Each day includes a Scripture passage to read, a devotional reflection, study questions for personal application, a daily challenge, and a prayer.

Set aside 15 to 20 minutes each day. Find a quiet place. Open your Bible. And let the Holy Spirit do the work of replacing worry with peace.

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### **Series Big Idea:**

The Christian life is shaped more by perspective than by circumstances.  
Paul didn't have better conditions. He had a better perspective.

### **Week 4 Main Idea:**

Worry steals our contentment by making us pay today for tomorrows that may never come, but God offers a peace that guards every heart that learns to surrender, pray, and reset their thoughts on Him.

# Stand Firm Together

Read: *Philippians 4:1-3*

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Before Paul addresses worry directly, he addresses something else first. Disunity. He names two women in the church who were in a disagreement, and he calls the church to help them work it out. The placement of this is not an accident. Paul knows that a heart at war with another believer cannot fully experience the peace of God.

## *Philippians 4:1-3 (NLT)*

*"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. Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News."*

Paul opens with affection. He calls them his joy. His crown. The people he longs to see. This is the heart of a pastor. He loves them. And because he loves them, he is going to tell them the hard truth.

Then he names two women who were apparently in a long-running conflict. Euodia and Syntyche. We do not know what the disagreement was about. Scripture does not tell us. And that is significant. Because most disagreements in the church, when you look back on them years later, are not even remembered for what they were about. They are only remembered for what they cost.

Paul does not take sides. He does not say one of them was right and the other was wrong. He simply says, "Settle your disagreement." And the Greek phrase here is *to auto phronein*, which means to be of the same mind. Paul is calling them to align their thinking. Not necessarily to agree on every detail, but to choose unity over being right.

And notice the basis for his appeal. "Because you belong to the Lord." He does not appeal to their feelings. He does not appeal to their friendship. He appeals to their shared identity in Christ. He is essentially saying, "You belong to Jesus. So your unity is not optional. It is part of who you are now."

Then Paul does something beautiful. He asks the church to help these two women. He does not tell the church to pick a side. He tells them to come alongside both women and help them get to the other side of this. This is what biblical community looks like. We do not gossip about each other's conflicts. We help each other resolve them.

Here is what this has to do with worry. A heart that is in conflict with another believer cannot fully receive the peace of God. Unresolved relational tension is a doorway for anxiety. As long as you are at war with someone, your mind will not rest. You will keep rehearsing the argument. You will keep imagining the next conversation. You will keep playing it out in your head. And worry will have a permanent place to live.

### **Romans 12:18 (NLT)**

*"Do all that you can to live in peace with everyone."*

Paul is showing us that peace with God and peace with people are connected. You cannot have one without the other. So before he tells us how to handle worry, he tells us to deal with the disunity in our lives. Because contentment grows best in a heart that is at peace on every front.

### **Study and Reflection Questions**

1. Is there a disagreement or relational tension in your life right now that has been quietly contributing to your anxiety? Be specific. What is it costing you?
2. Paul appealed to Euodia and Syntyche "because you belong to the Lord." How does remembering your shared identity in Christ change the way you view people you disagree with in the church?
3. Read Romans 12:18 again. What is one step you can take this week to do your part in living at peace with someone you have been at odds with?

### **Today's Challenge**

Identify one relationship in your life where there is unresolved tension. Pray about it. Then take one specific action toward peace. A text. A call. A conversation. A prayer for that person. Do not wait for them to make the first move. You make it.

### **Prayer**

*Father, thank You for the people You have placed in my life. Forgive me for the times I have let small disagreements turn into big distances. Help me to be a person who pursues peace, who values unity, who is willing to be the one who goes first. Heal the broken places in my relationships. And let the peace I have with You overflow into peace with the people around me. In Jesus' name, amen.*

# Rejoice and Release

Read: *Philippians 4:4-5*

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Before Paul gets into the practical instructions about worry, he gives us two commands that are the foundation of everything else. And both of them are about where we put our focus.

## *Philippians 4:4-5 (NLT)*

*"Always be full of joy in the Lord. I say it again, rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon."*

Paul says it twice. "Always be full of joy in the Lord. I say it again, rejoice." Why does he say it twice? Because he knows we will not believe him the first time. He knows we will read those words sitting in a Roman prison cell and think, "How can he write that from where he is?" So he repeats it. Just in case we missed it. Always. Rejoice. No matter what.

Notice three important words. "In the Lord." Paul is not telling us to rejoice in our circumstances. He is telling us to rejoice in the Lord. There is a massive difference. Circumstances change. The Lord does not. Circumstances disappoint. The Lord does not. So the place where you anchor your joy matters more than anything else.

If your joy is tied to your circumstances, you will live on an emotional roller coaster. When things go well, you will feel happy. When things go bad, you will fall apart. Your joy will rise and fall with the news of the day.

But if your joy is tied to the Lord, you can rejoice in any season. Not because you are denying reality. Because you have anchored to something deeper than reality. You have anchored to the unchanging character of God.

## *Habakkuk 3:17-18 (NLT)*

*"Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!"*

Habakkuk lists every loss imaginable and then says "yet I will rejoice in the Lord." That word "yet" is one of the most powerful words in all of Scripture. It separates circumstance-based happiness from Christ-based joy.

Then in verse 5, Paul says, "Let everyone see that you are considerate in all you do." The Greek word translated "considerate" is *epieikes*. It means gentle, gracious, willing to yield, willing to release your rights. Paul is saying, do not be the kind of person who has to be right, who has to win every argument,

who has to insist on your way. Be the kind of person who can release.

And notice why. "Remember, the Lord is coming soon." Paul is anchoring this whole instruction in eternity. He is saying, in light of the fact that Jesus is coming back, the things you are gripping so tightly today are not as important as you think they are. So release them. Hold them loosely. Let go.

Here is how this connects to worry. Most worry is the result of gripping things too tightly. We are gripping outcomes. Gripping people. Gripping expectations. Gripping our rights. And the tighter we grip, the more anxious we become. Paul is saying release. Hold things gently. Rejoice in the Lord, who never changes, and let go of the things that are not under your control.

This is the posture that prepares your heart to receive the peace Paul is about to describe in verses 6 and 7. Before he tells you how to fight worry, he is telling you where to anchor your joy and how to hold your life. Rejoice in Him. Release your grip. And watch what God does next.

### Study and Reflection Questions

1. Paul repeats himself: "Always be full of joy in the Lord. I say it again, rejoice." Why do you think he repeats it? Where in your life is it hardest right now to rejoice in the Lord? Why?
2. Is your joy more tied to your circumstances or to the Lord? Be honest. What is one circumstance you have been letting determine your joy that needs to be uprooted?
3. Paul says to be considerate, which means gentle, willing to yield, willing to release. Where are you gripping too tightly? An outcome? A person? A right? A plan? What would it look like to hold it more loosely today?

### Today's Challenge

Set a reminder on your phone three times today. Morning, midday, evening. Each time it goes off, stop whatever you are doing and say out loud, "I rejoice in the Lord. I release what is not mine to carry." Practice anchoring your joy in Him and loosening your grip on everything else.

### Prayer

*Lord, I want my joy to be in You. Not in what is happening to me. Not in what is around me. In You. Anchor my heart to who You are so that my joy does not rise and fall with the news of the day. And help me to release the things I have been gripping too tightly. I want to live with open hands and a steady heart. In Jesus' name, amen.*

# Don't Worry, Pray

Read: *Philippians 4:6-7*

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This is the verse the entire chapter has been building toward. And it may be one of the most quoted and most under-practiced passages in the New Testament.

## *Philippians 4:6-7 (NLT)*

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 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."*

Paul opens with a command. "Don't worry about anything." The Greek word for worry here is *merimnao*. It literally means to be pulled in different directions, to have a divided mind, to be torn apart by anxious thoughts. Paul is saying do not let your mind be ripped apart by anxiety about anything.

Notice that word. Anything. Not the big things. Not just the spiritual things. Anything. Paul is removing every loophole. He is not saying, "Try not to worry about the major things." He is saying do not worry about any of it.

Now most of us read that and immediately think, "That is impossible. How am I supposed to just stop worrying?" That is exactly why Paul does not stop there. He does not just tell us what not to do. He tells us what to do instead.

"Instead, pray about everything." Paul is showing us the substitute. You cannot just stop worrying. You have to put something in worry's place. And the thing that takes worry's place is prayer.

Then Paul breaks prayer down into three parts.

First, pray. Talk to God. Bring Him into the conversation that has been happening in your head. Most of us have been processing our worries in isolation, just rehearsing them silently. Paul is saying take it out of the silence and bring it to the One who can actually do something about it.

Second, tell God what you need. Be specific. He is your Father. He invites your requests. He is not annoyed when you ask. Bring the names. Bring the situations. Bring the fears. Bring the requests.

Third, thank Him for all He has done. This is the part most of us skip. But it may be the most important part. Thanksgiving reorients your heart in the middle of anxiety. It reminds you of God's track record with you. It reminds you that the same God who came through before is the same God who is with you now.

Then Paul promises something staggering.

"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."

The Greek word for guard is *phroureo*. It is a military term. It described soldiers stationed at the gates of a city to protect it from invaders. Paul is saying that when you replace worry with prayer, God Himself stations soldiers at the gates of your heart and mind, and worry cannot get in.

This is not peace that depends on your circumstances. This is peace that exceeds understanding. Peace that nobody can explain. Including you. You will not be able to explain why you are not falling apart. Because by every external measure, you should be. But the peace of God is now standing guard.

### 1 Peter 5:7 (NLT)

*"Give all your worries and cares to God, for he cares about you."*

Notice what Peter says. Give all your worries and cares. Not some of them. All of them. Why? Because He cares for you. The same God who is big enough to handle the universe is loving enough to handle your worries. And He is waiting for you to give them to Him.

## Study and Reflection Questions

1. Paul says do not worry about anything. Anything. Which worry have you been treating as too big or too small to bring to God? Why have you been holding onto it instead of giving it to Him?
2. Paul tells us to pray, request, and give thanks. Most of us are strong on the request part but weak on the thanksgiving part. Why is gratitude such a powerful antidote to anxiety? When was the last time you intentionally thanked God in the middle of a worry?
3. The peace of God exceeds understanding and guards your heart and mind. Have you ever experienced a season where you felt that kind of peace? What was different about that season? What can you learn from it for the season you are in now?

## Today's Challenge

Get a piece of paper. Write down every worry you can think of. Big and small. Then beside each one, write a specific prayer request. Then beside that, write one thing you can thank God for related to that area. Then physically take that paper and pray over it, giving each worry to God. Keep the paper somewhere you can see it this week.

## Prayer

*Father, I bring You everything I have been carrying. The worries I have shared with no one. The fears that have kept me up at night. The what-ifs that have stolen my peace. I am giving them to You. All of them. And I thank You that You have never abandoned me. You have always been faithful. You have always provided. You have always come through. Guard my heart and mind with*

*Your peace. In Jesus' name, amen.*

DAY 4 | THURSDAY MAY 14TH

# Fix Your Thoughts

Read: *Philippians 4:8-9*

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Paul does not stop with prayer. Because he knows that worry does not just live in your circumstances. It lives in your mind. And if you do not learn to take charge of your thinking, worry will sneak back in even after you have prayed and surrendered.

## *Philippians 4:8 (NLT)*

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

"Fix your thoughts." The Greek word is *logizesthe*. It means to consider, to dwell on, to calculate, to take inventory of. Paul is saying take inventory of what your mind is dwelling on. And if it is not on this list, redirect it.

Look at the list carefully.

What is true. Not what might be. Not what could happen. Not what your imagination is spinning. What is actually, currently, verifiably true.

What is honorable. Things that have weight, dignity, and worth.

What is right. Things that align with God's standards.

What is pure. Things that are clean, undefiled, untainted.

What is lovely. Things that are beautiful, pleasing, attractive in the best sense.

What is admirable. Things worth speaking well of.

What is excellent. Things of moral excellence and virtue.

What is worthy of praise. Things that make you want to thank God.

Now stop and ask yourself. Does any of that sound like the content of most worry? No. Worry is almost always built on what is not yet true, what might happen, what could go wrong, what is impure, what is fearful. Paul is saying that worry cannot survive in a mind that has been disciplined to dwell on what is good.

This is not positive thinking. This is biblical thinking. The world will tell you to think happy thoughts. Paul tells you to think true thoughts. And those are not the same. Happy thoughts are wishful. True thoughts are anchored. Happy thoughts disappear when reality hits. True thoughts remain because they are tied to

the unchanging character of God.

Then Paul goes one step further in verse 9.

### **Philippians 4:9 (NLT)**

*"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."*

Paul says keep putting it into practice. The Greek word for practice is *prasseite*. It means to do habitually, continuously, repeatedly. Paul is not asking for a one-time response. He is asking for an ongoing pattern of life.

And notice the promise. "Then the God of peace will be with you." In verse 7, Paul promised the peace of God. In verse 9, he promises something even better. The God of peace Himself. The peace was already huge. But now Paul is saying that the very Author of peace will walk with you when you practice these truths.

Listen to what Paul wrote elsewhere about the mind.

### **Romans 12:2 (NLT)**

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."*

### **2 Corinthians 10:5 (NLT)**

*"We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."*

Capture rebellious thoughts. Bring them under Christ's authority. Worry is a rebellious thought. It refuses to bow to what is true about God. So you arrest it. You bring it before truth. You replace it with what is actually true.

### **Isaiah 26:3 (NLT)**

*"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"*

Perfect peace for those whose thoughts are fixed on God. Not on problems. Not on fears. On Him. The mind that is fixed on God is a mind that is at peace, no matter what is happening around it.

## **Study and Reflection Questions**

1. Paul says to fix your thoughts on what is true. Most worry is not built on what is true. It is built on what might happen. Take an honest inventory of your most common worries. How many of them are based on actual reality, and how many on imagined possibilities?

2. Look at Paul's list again. True, honorable, right, pure, lovely, admirable, excellent, worthy of praise. Which of these is hardest for you to dwell on right now? Why?

3. Read 2 Corinthians 10:5. What does it look like practically to "capture" a rebellious thought? Describe what you would do the next time worry starts spinning a scenario in your mind.

### Today's Challenge

Pick one verse from today's reading or from the verses you have studied this week. Write it on a card. Put it where you will see it often. Phone wallpaper, bathroom mirror, dashboard, refrigerator. Every time worry starts spinning today, read that verse out loud and intentionally redirect your thoughts.

### Prayer

*Father, my mind has been a battlefield. I have let it run wild for too long. Today I am asking You to help me take charge of my thoughts. Help me capture every anxious imagination and bring it under the authority of Christ. Help me dwell on what is actually true about who You are and what You have promised. Renew my mind. And let Your peace stand guard over every thought. In Jesus' name, amen.*

DAY 5 | FRIDAY MAY 15TH

# The Secret of Contentment

Read: *Philippians 4:10-13*

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Paul is about to share with us one of the most precious lessons in all of Scripture. The secret of contentment. And he is going to tell us how he learned it.

## *Philippians 4:10-13 (NLT)*

*"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. Not that I was ever in need, for I have learned how to be content with whatever I have. 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. For I can do everything through Christ, who gives me strength."*

Paul says he has learned how to be content. The Greek word is *emanthon*. It means he was educated into it. It was a process. It was a journey. It was something he had to be taught through experience.

That word changes everything. Because most of us have been waiting for contentment to fall on us. We have been hoping that one day, when our circumstances finally line up, we will feel content. But Paul is saying you do not stumble into contentment. You learn it. You practice it. You discipline your heart toward it. And that learning happens in the same kinds of circumstances that make most people anxious.

Notice how comprehensive Paul's experience was. With almost nothing or with everything. Full stomach or empty. Plenty or little. Paul had been on both ends of the spectrum, and in both, he had learned to be content.

That is significant. Because most of us assume that contentment comes when life is going well. We think the people who have plenty must be content. But Paul says contentment is a learned skill that has nothing to do with what you have. It has to do with where your soul is anchored.

Some of the most miserable people on earth are people who have everything. And some of the most joyful people on earth are people who have very little. Why? Because contentment was never produced by circumstances. It is produced by Christ.

Then Paul gives us the verse that has become one of the most famous in the New Testament. And one of the most misquoted.

## *Philippians 4:13 (NKJV)*

*"I can do all things through Christ who strengthens me."*

*(NKJV is closer to Greek)*

This verse has been printed on t-shirts and coffee mugs and athletic gear for decades. And most people use it to mean, "I can accomplish anything I set my mind to because Christ is helping me." But that is not what Paul is saying at all.

Look at the context. Paul just said he has learned to be content in every situation. With plenty or with little. Then he says, "I can do all things through Christ who strengthens me." What is the "all things" he is referring to? It is contentment. He is saying, "I can be content in every circumstance, in every season, in every situation, because Christ gives me strength."

This verse is not about athletic achievement. It is not about career success. It is about the supernatural strength of Christ enabling you to live in contentment when everything around you would normally produce anxiety.

That is the secret. Christ Himself is the source of contentment. Not better circumstances. Not more stuff. Not a different season. Christ. The strength He provides is what makes contentment possible.

### **1 Timothy 6:6-8 (NLT)**

*"Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave. So if we have enough food and clothing, let us be content."*

Paul says contentment is great wealth. Not having more. Not getting ahead. Not figuring it all out. Contentment. The simple ability to receive what God has given you today and rest. That is wealth. And the world will never tell you this. The world will tell you that contentment comes from accumulating. But Scripture says contentment comes from trusting.

### **Hebrews 13:5 (NLT)**

*"Don't love money; be satisfied with what you have. For God has said, 'I will never fail you. I will never abandon you.'"*

Be satisfied. Why? Because God will never fail you. Never abandon you. The God who is with you today will be with you tomorrow. So you can be satisfied right now, regardless of what you have or do not have.

## **Study and Reflection Questions**

1. Paul says contentment is learned, not received. What has God been using in your life to teach you contentment? What season has been the hardest classroom?
2. Be honest. Are you more discontent when you have a lot or when you have a little? What does your answer reveal about where you are looking for contentment?
3. Read Philippians 4:13 again in context. How does understanding what Paul actually meant by "all things" change the way you have been reading this verse? How does it apply to your life right now?

## Today's Challenge

Write down five things in your life right now that you can be content about. Not five things you want. Five things you have. Family. Health. Provision. Friends. Faith. Whatever they are. Pray over them and thank God for them. Practice the discipline of receiving what He has given instead of always reaching for what He has not.

## Prayer

*Father, teach me to be content. Not when everything is perfect. Now. In this season. With what I have. Strengthen me through Christ to find satisfaction in You alone, not in what I have or do not have. I want to learn the secret Paul learned. The kind of contentment that does not move when circumstances change. The kind that is anchored in You. In Jesus' name, amen.*

# The God Who Supplies

Read: *Philippians 4:14-23*

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Paul ends his letter to the Philippians with gratitude, generosity, and a promise that has carried millions of believers through their hardest seasons.

## *Philippians 4:14-17 (NLT)*

*"Even so, you have done well to share with me in my present difficulty. As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then traveled on from Macedonia. No other church did this. Even when I was in Thessalonica you sent help more than once. I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness."*

Paul thanks the Philippians for their generosity. They had been supporting him financially for years. They had given when no one else did. And Paul makes it clear that his joy was not in receiving the money. His joy was in what their generosity revealed about their hearts.

Then Paul says something that has become one of the most quoted promises in all of Scripture.

## *Philippians 4:19 (NLT)*

*"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."*

This is one of the most precious promises in the Bible. And like Philippians 4:13, it is often misquoted and misapplied. So let us read it carefully.

First, notice what God supplies. Your needs. Not your wants. Not your wishlist. Not your dreams. Your needs. There is a difference, and learning to see that difference is part of finding contentment.

Second, notice the source. His glorious riches. The supply is not coming from a limited budget. It is coming from the infinite, glorious riches of God Himself. That means you will never reach the bottom of His provision. He cannot be drained. He cannot be exhausted. He cannot be tapped out.

Third, notice where the riches are located. In Christ Jesus. All of God's blessings come to you through Christ. There is no other path. There is no other source. He is the means by which God's riches flow to you.

Fourth, notice the context. Paul writes this promise to a church that had just given sacrificially. This is not a promise to people who hoard. It is a promise to people who give. The Philippians had emptied their pockets to support Paul, and now Paul is saying, "You do not have to worry. God will refill what you poured out. He will supply your needs."

This connects directly to worry. Many of us are anxious about provision. Will there be enough? Will I be okay? What if something happens? Paul looks at the church that had been generous and says, "Stop worrying about whether you will have enough. The God who takes care of me will take care of you. From riches that cannot run out."

**Matthew 6:33 (NLT)**

*"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."*

Jesus said the same thing. Seek His kingdom first. He will provide everything you need. That is a promise. And it is one of the deepest cures for anxiety. You do not have to scramble. You do not have to hoard. You do not have to manipulate. You can seek His kingdom, trust His provision, and rest.

Then Paul closes the letter.

**Philippians 4:20-23 (NLT)**

*"Now all glory to God our Father forever and ever! Amen. 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. And all the rest of God's people send you greetings, too, especially those in Caesar's household. May the grace of the Lord Jesus Christ be with your spirit."*

Look at that detail. "Especially those in Caesar's household." Paul has been chained in a Roman prison for the entire letter. But the Gospel has spread to members of Caesar's own household. The very government that was imprisoning Paul was being infiltrated by the Gospel. And believers were being born in the most unlikely places.

This is what happens when believers live with the Philippians perspective. They see prison as a pulpit. They see disagreement as an opportunity for humility. They see performance as garbage and Christ as everything. And they refuse to let worry steal what God has given them. They walk in contentment. They keep their eyes on Jesus. And along the way, the Gospel reaches places it never could have reached if their lives had been comfortable.

This is the perspective that has carried you through this whole series. Joy in circumstances. Unity in relationships. Dependence on Christ instead of performance. Contentment over worry. It is the same lens. The lens of Christ.

**Romans 15:13 (NLT)**

*"I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit."*

That is the prayer over you as this series ends. May the God of hope fill you completely with joy and peace as you trust in Him. May you overflow with confident hope through the power of the Holy Spirit. May the Philippians perspective shape every lens you look through for the rest of your life.

## Study and Reflection Questions

1. Paul says God will supply all your needs. Where have you been worried about provision in a way that revealed you were not fully trusting God? How does Philippians 4:19 speak to that worry?
2. Paul mentions believers in Caesar's household. The Gospel reached the very government holding him captive because of how he lived. Where in your life is God using your circumstances to reach people you could not have reached any other way?
3. We have walked through all four chapters of Philippians together. Looking back over the whole series, which lens shift has impacted you most? Joy in hardship? Unity over ego? Dependence over performance? Contentment over worry? Why?

## Today's Challenge

This is the last day of the study and the end of the series. Take some time today to reflect on the whole journey. Write down one specific way the Philippians perspective is going to shape how you live from this point forward. One commitment. One change. One new way of seeing. Then pray over it and ask God to make it a lasting transformation, not just a sermon memory.

## Prayer

*Father, thank You for this journey through Philippians. Thank You for the way You have used Paul's letter to challenge me, encourage me, and reshape the way I see my life. I do not want to walk out of this series and forget what You have shown me. Let the Philippians perspective become my perspective. Joy in hardship. Unity in relationships. Dependence on Christ. Contentment in every season. Anchor me in You. And let my life, like Paul's, reach places I never could have reached on my own. In Jesus' name, amen.*