



WEEK 6 DEVOTIONAL

WORTHY: Living Your Best Life NOW

RECEIVE

Slowly. Prayerfully, read and/or listen to Philippians 4:1–9, in two different translations: NIV and NLT or two of your favorites. Before and after each reading, pray asking the Spirit of Christ to form you through what you are reading.

REFLECT

1. Having just read this passage and knowing Paul is writing from a Roman prison cell, what stands out to you? Does the setting in which Paul write make the passage easier or harder to apply to your life? Why?
2. Paul begins with three actions to be done “in the Lord.” What are they? What does each one mean to you? How does “in the Lord” change those meanings?
3. Why do you think Paul makes a public display of these women? Why is he concerned about the unity in the Philippian church?
4. Paul calls the Philippians to stand firm in the Lord. The NLT says “stay true to the Lord.” What does that mean to you? Where might you need that encouragement in your life today?
5. What does it mean to rejoice in the Lord always? Why do you think he specifies “always?” Do you think it might be possible to do this even in hard times? Why?

6. Verse 5 calls the Philippians to be known for their “reasonableness.” NLT says “considerate.” It is a complex word that can be interpreted as gracious gentleness, moderation, wise justice, justice plus something better than justice. Why do you think this is important for Paul? Is there someone in your life that exemplifies this? What impact do they have on you?
7. Paul then moves on to talk about anxiety and the solution for worry. What do you see in verses 6–7 about prayer? What is the result? Have you experienced prayer in that way? How do the absolute words “anything” and “everything” strike you? Why do you think “thanksgiving” is included? What is the promise in these verses?
8. Paul concludes in verse 8 with a sweeping encouragement of what we should think about. What strikes you about this encouragement? Are these kinds of thoughts common for you? Do you see them often on the news or on TV? Why is this important to Paul? What is the alternative for the Philippians and for us?
9. Paul moves from thoughts to practices in verse 9. What is he asking the Philippians to do? Why does he include learned, received and heard as the parts he gave them? How do you learn?
10. Paul is putting himself up as an example — a role model. Would you do that as a teacher? In the past week, what have you “modeled” with your kids, your spouse, or your coworkers?
11. What do our hearts and minds need to be guarded or protected from? How are we guarded “in Christ Jesus?”

RESPOND

1. What sorts of things occupy your mind? How does your preoccupation with these things affect your relationships? How does it affect your joy in the Lord? How does it affect your peace or your relationship with the God of peace and ability to live a life worthy of the gospel?
2. What are the concerns you need prayer for right now? Share them with a group and the Lord. What are some things that occupy your mind and you need to give up? What would replace them?

RESOURCES

- Great, short video [overview of Philippians by The Bible Project](#).

SCRIPTURE

Philippians 4:1–9 | New International Version

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! ²I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.

³Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life. ⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers and sisters, 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. ⁹Whatever 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.

Philippians 4:1–9 | New Living Translation

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. ²Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. ³And 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. ⁴Always be full of joy in the Lord. I say it again—rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. ⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then 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. ⁸And 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. ⁹Keep 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.

