The Heart of the Matter
If you need warm encouragement, a cheery boost of joy, a happy and hopeful word to lift your spirit, you’ve come to the right place. Philippians has it all . . . and more. Free from complicated and knotty problems, these 104 verses offer authentic reasons to be thankful, joyful, and contented. And to think they were written by a man who was living under house arrest, bound by chains to a Roman guard all day long! How could Paul be so joyful? How could his charisma be so magnetic? It is because his focus was on his Savior (whom he mentions more than forty times in this letter) rather than on his situation. Let’s learn a few vital lessons from Paul—a model of the message his letter contains.

Discovering the Way
1. The Message of Philippians (Philippians 1:3–4, 25; 2:1–2)
   In a word, the message is joy!

2. Some Helpful Information to Remember (Philippians 1:12–14, 19–21; 3:2; 4:13–16)
   Who wrote it? Who received it? Why was it written?

   Chapter 1 describes joy in living; chapter 2 encourages joy in serving; chapter 3 illustrates joy in sharing; and chapter 4 portrays joy in resting. (See the chart on the next page.)

Starting Your Journey
For living with joy, we need the right model (Philippians 1:21). For serving with joy, we need the right attitude (2:5). For sharing our joy, we need the right goal (3:14). For resting with joy, we need the right release (4:6–7).
### Philippians

<table>
<thead>
<tr>
<th>Christ</th>
<th>Joy in Living for Christ</th>
<th>Joy in Serving Christ in Unity</th>
<th>Joy in Knowing Christ</th>
<th>Joy in Resting in Christ</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Even when we don’t get what we want</td>
<td>Starts with right attitude</td>
<td>A warning</td>
<td>Unity</td>
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<td></td>
<td>In spite of circumstances</td>
<td>Maintained through right theology</td>
<td>A testimony</td>
<td>Peace</td>
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<td></td>
<td>Even with conflicts</td>
<td>Encouraged by right models</td>
<td>A goal</td>
<td>Final predictions</td>
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</tbody>
</table>

**Key Words**

- “Rejoice,” “Christ,” “Mind,” “Act”

**Unique**

No major problem passages. “Joy” is found in each chapter. Not one quotation from the Old Testament. Christ mentioned over forty times. Most positive of all Paul’s letters, yet written while he was chained to a Roman guard.

**Theme**

By centering our lives around Christ, we can experience true joy.

**Key Verse**

1:21

**Christ in Philippians**

Jesus is the Son of God from heaven, who humbled Himself by becoming human, who suffered for us, and who was exalted to heaven (2:5–11).

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