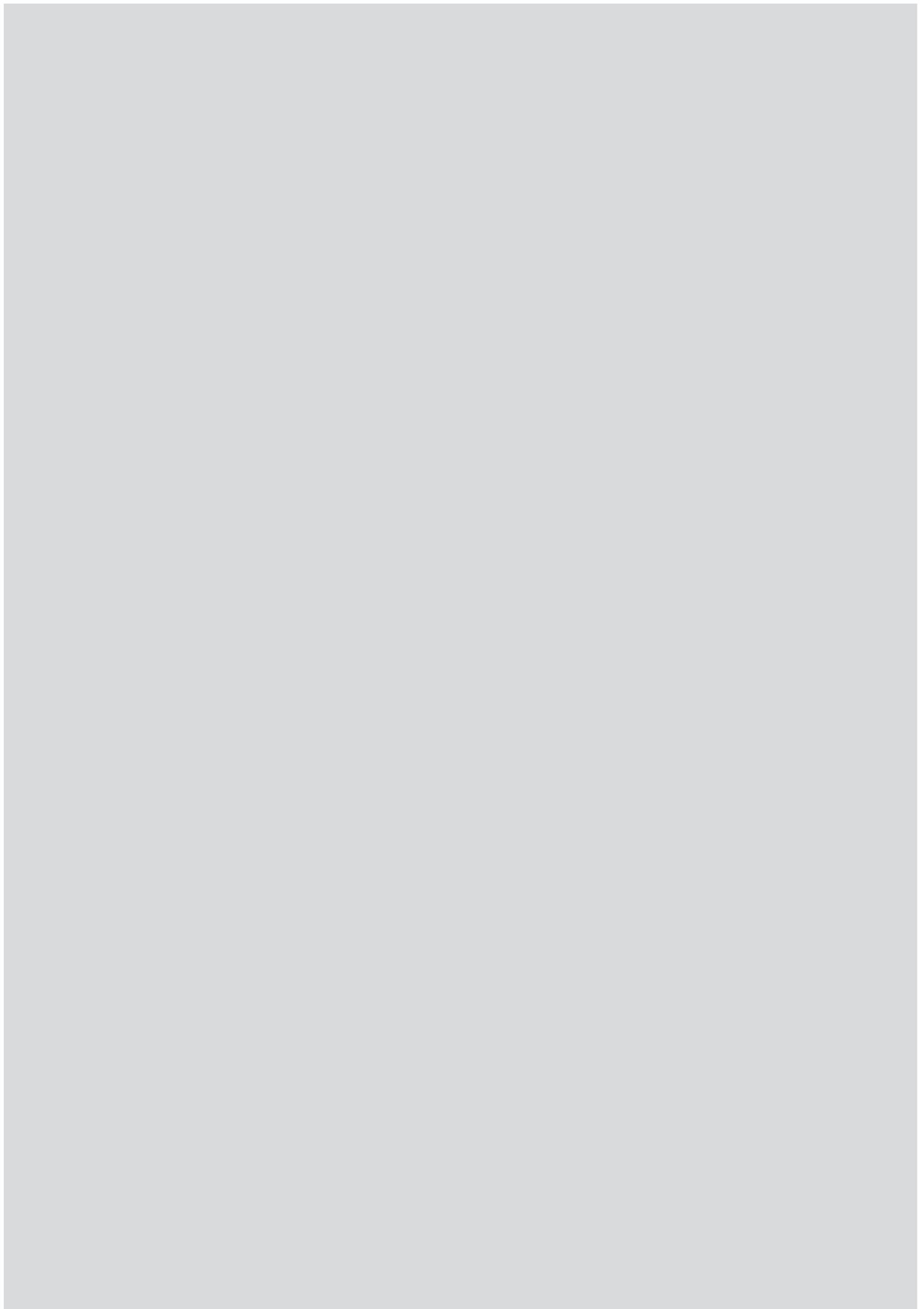




A STUDY OF PHILIPPIANS AND THE MIND OF CHRIST

MINDFULL

A COLLECTIVE WORKBOOK FOR THE MACEDON RANGES



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MINDFULL

DISCOVERING THE MIND OF CHRIST - WEEK 1

It's our hope that within this workbook you grow! Grow how you might ask... That you would grow in becoming more like Jesus. To live out our lives in the power and transformation that only Jesus brings and leads us to enjoy in His Spirit. One way we control how we live is to consider how we think. We become what we think!

Spend some time watching the 'KBC Living Room Session - What's on your mind'. You can find this at kynetonbaptist.org or our YouTube channel. This episode runs for 50 minutes. Then, take some time to read through the book of Philippians in the bible to prepare for this series. Find some quiet time, a comfy spot, and enjoy the whole letter.

It's only a short read. But reading the whole letter through will help you set a frame for what Paul helps us learn, and what we will unpack within this MINDFULL workbook in coming weeks.

A new chapter of this workbook will be distributed each week via email, and available for download on our website kynetonbaptist.org

Each week will address a different topic related to the book of Philippians chapter by chapter. Be it in a group, or alone, this will enable you to ask some questions and learn. And will allow God's Holy Spirit to speak into you! This is an all-ages workbook and will have kids activities as well - see page 9.



What if one
thought could
completely change
your **mind** and
your life! Imagine
living each day
with the **mind of
Christ!** We become
what we think.

***“...make my joy
complete and have the
same mind as
Christ Jesus”***

PHILIPPIANS 2:2, 5

Read through the book of Philippians in the bible. Paul wrote this letter from house arrest in Rome to the church at Philippi. As you read, notice how Paul talks about his joy in spite of his circumstances. See how Paul speak of the humility of Christ as an example for us and others. He encourages us to live with joy and without grumbling. And he urges us to seek unity and to rejoice in that.

So much of what Paul is talking about is related to how we hold joy amidst struggle and remain Christ centred. But also how we are to be living out our lives seeing our own personal story as a lived expression of Jesus. So much of what Paul is talking about requires us to have Christ-like minds - to think like He thinks, and thus act like He wills!

So much of what Paul is talking about here in Philippians is about us winning the battle of the mind. To grow into a better understanding of how to truly have a MINDFULL of Christ-like thinking.

Whether alone or with a group, grab a pen and paper, or take some notes on your phone. As you read

through Philippians, carefully consider the thoughts that come to your mind. Even if they're not related to the passage you're reading, jot them down and return to the text. Use the space on the next page to capture those thoughts, to shelve them temporarily and allow you to park the idea and return to the text. It can be hard to focus on one thing sometimes. Try and still all the thoughts and allow God's Spirit to gently speak and reveal what he wants to say to you.

Before you finish reading Philippians today, cast your eye across your thought notes on the other page:

1. What do they reveal about what is on your mind?
2. How do you go in times of stress? Do you focus on the crisis, or on Christ?
3. Do you find that you are able to rejoice when times are tough?

— Capture your thoughts. What's on your mind?

JOT DOWN YOUR THOUGHTS

*What do you see from
what you've read?*

*What does this say
about God?*

*What is God saying
to you?*

— **Reflections**



MINDFULL

FOR THE KIDS

In the last KBC Living Room session named 'What's on your mind', Detective K.T challenged all you detectives to find out some details about Paul. Watch now if you've haven't already, you can find the episode on our website kynetonbaptist.org or our YouTube channel.

You can read more about Paul in Acts 9:1-31. Keep looking through the book of Acts to find out more about Paul's missionary journeys so that you can crack the code on the next page.

Talk to someone about what you have found out:

1. What is the best thing about Paul?
2. What did Paul believe before he met Jesus?
3. What happened to Paul after he met Jesus?
4. How do we know that Paul took the change in his life seriously?
5. What is something that you have found out about God?

Choose a challenge below (or do both!):

1. Create your favourite scene from Paul's life. Draw a picture, build it with Lego, make it using natural materials from outside. Be as creative as you like!
2. Draw a butterfly and add this verse: "If anyone belongs to Christ, then he is made new. The old things have gone; everything is made new!" **2 Corinthians 5:17**

Take a photo of your creation and email your photo to kidschurch@kynetonbaptist.org.

PRAYER: Have a chat to God

Everyone can talk with God! You could go outside and talk to God while you walk, write Him a letter or draw a picture of things that you are thankful for. You might like to try talking with God as you make some craft or jump on the trampoline. God loves to hear from you!

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— Crack the code.



MINDFULL WEEK 2

PARTNERSHIP IN THE GOSPEL

This term 'partnership in the gospel' is part of a very interesting phrase in the first chapter of Philippians and is worth a little investigation. Why? Because it is addressed to us.

It forms part of a wonderful verse that begins with the words:

Verse 3 "I thank God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the Gospel from the first day until now."

What does that mean to 'partner in the Gospel work?' I read in a research study from the UK that 80% of Christians in the UK are not aware of how God has uniquely given them each an identity. Given them each an impulse and set of skills designed for the building up of the body of Christ. Gifted by God so that the individual can 'partner in the gospel' as Paul so exuberantly encourages the people at Philippi.

80 percent. That's a large number. So I suppose it's fair to say that this large percentage of Christian people from this study were not using the identity that God has placed in their life. That's the UK, what do you think about here for us in Australia?

I think it would be fair to say that traditionally only a minority of Christians are utilising the identities they've been given by God. As a result the work of the ministry falls to the few who labour long and hard, sometimes carrying a load too big for them.

Clearly this was not Paul's experience of the early church which grew at such a phenomenal rate. The living out of faith, the partnership in the gospel work was shared and everyone was involved, everyone knew the identity God had given them.

*“I thank God every
time I remember you.
In all my prayers for all
of you, I always pray
with joy because of
your partnership in the
Gospel from the first
day until now.”*

PHILIPPIANS 1:3



How might you apply these thoughts?

1. Have you ever thought of yourself as a ‘partner’ in the Gospel? Having responsibility as a Christian to live out, share and show the good news of God in Christ Jesus?
2. How might we apply this concept to ourselves?

— **Capture your
thoughts here.**

YOUR ROLE

WE EACH HAVE A ROLE TO PLAY TO PARTNER IN THE GOSPEL

In a business sense one would look for certain qualities in a person before being willing to 'partner' with them. Traits such as, trust; reliability; passion for a united goal; esteem & respect are essential. If any of those qualities are lacking the chances of the business flourishing would be minimal. The bulk of responsibility would fall to one partner and the weight of responsibility would eventually bring about a collapse of the business.

The body of Christ is an amazing organism, not an organisation. It is made up of ordinary people from all walks of life. All with different abilities, tastes, ways of seeing and doing things. Yet put together (like the human body with all its limbs and different parts) God can use the whole (all people) to make His mark on this world.

In July 2019 at Kyneton Baptist we explored a series titled 'Identity'. This series looked at Paul's teaching in Ephesians 4 and the personal identity that God has given you in either the Apostolic (A), Prophetic (P), Evangelistic (E), Shepherding (S) and Teaching (T) functions of any christian body of believers - if you study any movement there is always evidence of these functions.

As you consider you and your life, you'll start to see that God has impulsed you towards one or two of these identities predominantly. We should aspire to grow in them all, but you will operate very easily generally in one primary identity.

Partnership in the gospel, or our ministry vocation is a mixture of this identity, God's calling, the Spirit's gifting, and community discernment.

What is clear when studying the early church movement is that it multiplied rapidly. We learn that movements or growth in any context requires the natural energy and momentum involvement of each person. And the measure of this involvement will define the impact to which that movement will (or won't) have.

Every person functions in unique ways. It is remarkable as we can see in the early church at Philippi when a group allows each member to function out of their natural capacities, thus all partnering in the gospel work together.

You have an impulse or you might call it an identity that is designed to be used for God's glory, and building up of His Kingdom. Not one of us should be missing any opportunity to use that - or those - gifts. Even during Covid 19.

Were you able to identify your gifts by the end of that Identity (Ephesians 4) series? You can complete an online questionnaire to get some more clarity:

<http://www.fivefoldsurvey.com>

Can you cast your mind back to that time and look within to see if there are ways you can utilise your gifts, even now?

There are many wonderful things going on in our midst and around us. God hasn't stopped answering prayer, blessing us and helping us through this time in unique and special ways.

Paul knew that in his absence the church at Philippi was in good hands, that the people there were working in partnership by meeting together, praying together, learning more about the Lord, supporting one another, encouraging one another and growing in numbers.

Can you identify areas in your life in which your gift might be used?

— Reflections

He's not done with you yet.

Are you aware that 'church' in its truest sense is still happening for KBC even in the midst of this COVID-19 seasons.

Home groups can include (teaching, shepherding, evangelising); the weekly prayer meeting (prophecy, shepherding, evangelising, apostleship). What better time than now to gather together to study God's word, to pray. To share together about what God is doing in our lives and to build one another up.

Could you get creative and come up with ways you might use your gifts for the greater good, to partner in the good news where you live and are planted?

That was the purpose for which God endowed the church with giftings. Not for our personal use... but the work of the ministry - partnership in the Gospel.

When we were learning about the Ephesians 4 identities last year we couldn't have imagined such a time as the present, but you know, God did. He didn't add at the end of that series that we'd have to just put our gifts on hold till things get back to normal! Paul continues his sentence

in Philippians 1 with the words in verse 6: "... being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*

How can you apply what God is saying to you through this study?

What might He be calling you to do about it?

Be encouraged. Be an encourager by stirring up the gift that is within you. Be challenged to get excited as you seek ways of partnering in the work of the Gospel and see just what God will do in and through you. And ultimately here in the Macedon Ranges and the wider Goldfields regions.

A thought to consider: God has begun a work in you ... He's not done with you yet. In fact, this might just be the time to refresh your understanding of those wonderful words in Philippians 1:6.

For the kids.



Family Chat:

A time to talk about what you have found out and pray for each other.

What are the things that God has made special about each of you? (You could say this about each other)

Why does Paul want to encourage believers to grow in knowledge and understanding?

What does the word glory mean?

How can our lives bring glory to God?

How is life with Jesus different from life without Jesus?

What is something you can do this week to get to know Jesus more?

Read: Philippians 1:9-11

I pray,

That your love will grow more and more,

and that you will keep on growing

in your knowledge and understanding. For I want you

to understand what really matters,

so that you may live pure and blameless lives until Jesus returns.

May you always be filled with the

good things that are produced in your life by Jesus

- for this will bring glory and praise to God!

Amen

Find The Message:

Colour in any square that has a letter. Write down the letters in order.
What is the message from Jesus?

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| 3 | 8 | 5 | Y | 7 | 7 | 5 | M | 6 | 7 | 7 | A |
| 7 | 5 | 6 | 2 | 5 | Y | 5 | 7 | H | 4 | 5 | 7 |
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| 9 | 6 | L | 3 | 5 | I | 8 | 6 | 8 | 5 | 7 | 5 |
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| 4 | N | 6 | 4 | 6 | D | 4 | 3 | H | 6 | 7 | 6 |
| 5 | 6 | A | 9 | 1 | 2 | 5 | V | 6 | 7 | 8 | E |
| I | 5 | 3 | 1 | T | 3 | 2 | T | 3 | 7 | O | 9 |
| 5 | T | 3 | 4 | 5 | 3 | 2 | 6 | 4 | 2 | H | 3 |
| E | 4 | 3 | F | 3 | 4 | U | 5 | 4 | 5 | L | L |

CHALLENGE: Can you find where this verse is found in the Bible?
Who in your family can memorise this first and say it the fastest?

Find A Jesus Story:

Find someone you know that can tell you a story about Jesus from their own life. You might ask a parent, grandparent or a friend. Use the Detective Notes below to help you.



Detective Notes

Today's Date:

Name of person being interviewed:

Where were you?

Who was there?

When was it?

What happened?

Find Out About You:

Draw yourself in the frame OR put the things in it that you love.

**I praise you (God) because you made me
in an amazing and wonderful way. Psalm 139:14**

WEEK THREE

ADVANCING THE GOSPEL - WEEK 3

Start by reading Philippians 1:12-18

Let's just consider Paul and his past for a moment. This is a man that knows all too well about challenge and trial. Through his time advancing the gospel he endured 40 lashes on five separate occasions. He was stoned three times. Shipwrecked. Spent a day and night in the open sea. Deprived of sleep and food. Knew about being cold and naked, sadness, anxiety, despair, danger, fear of attack from bandits and opposition from his own countrymen.

This same man declared: "Now I want you to know, brothers, that what has happened to me has really served to advance the Gospel."

How would you sum up the experience of this man?

What is your reaction to these words?

Perhaps something like, "Are you kidding?" "He can't be serious!" "What about God's protection?" "Why would God allow such things?"

Consider those possible answers. What would your answer be?



“Now I want you
to know, brothers,
that what has
happened to me
has really **served**
to **advance the**
Gospel.”

Well the great apostle Paul had learned a precious secret through his suffering-something that's not the mindset of us modern Christians living in 2020 comfort. Rather our mindset is to avoid suffering at all costs. To quickly pray our way out of it.

Is this your experience?

How do you handle suffering?

Paul however, clearly implies that it's those very difficulties that can advance the Gospel. He didn't have a martyr complex. Nor did he glory in his ability to overcome.

Rather he discovered a vital truth. That God uses our trials for the greater good!

By the time he faced Caesar in Rome, he'd proven God's faithfulness through the worst circumstances imaginable. He'd lived this truth!

So how might we apply this mindset to our lives in the midst of a pandemic?

We're all aware that life's not an easy right now. Phrases like 'A once in a century event', 'A time such as none of us have experienced', are becoming familiar. And it's far from over. Thousands of people are doing it tough, facing fears unimaginable a short time ago. The loss of secure jobs. Greatly reduced incomes. Very real worries and anxieties about a future that's no longer certain.

A few of us are old enough to remember the 2nd world war. Life then was seriously tough and very scary. One clear memory is the ration book. Every small, measured amount of food was only available with a little coupon, and it had to last a week. Once gone you went without. No supermarkets laden with other options. What a foreign concept in this day of such easy living!

But you know, during that time the churches were full. People prayed, because God was the only anchor left in a very frightening, uncertain world.

Today many people are finding they need an anchor for the very first time. When the bottom falls out of our world we all need to reach out for something to hang on to.

We can read our Bibles in a rather detached manner at times ... we admire people like Paul, but quite miss the message and application.

Do you know that our most powerful witness is not what we say and do. Rather it's in what we 'are' in the midst of our trials. It's changing our mindset to understand that God can best demonstrate His power through our testimony under trial.

Have you ever had this experience?

What did you learn through it?

**— Jot down your thoughts
to the questions.**

Vessels fit for His purpose.

The people around us need to know that our strength lies in our knowing the only One who can help us - whatever happens. Rather than pray for a way of escape as soon as the going gets tough, we need a mindset that sees our trials, our pains and hurts, as the tools God uses to make us into vessels fit for His purpose.

This concept is neither natural nor easy. It's a learning curve, and it's quite ok to reach out for help while we are learning.

A politician recently wisely said that "It's ok, not to be ok," A lot of people, Christians included, are not ok! Many are needing help to deal with the fears and very real problems facing them.

And there is help available, you are not alone. You might want to reach out to our pastoral care team, our prayer network, or make a time with one of our elders.

You will get through this season. And you will... one day... look back and see how God grew you through this time.

Paul's Christianity was marked by immense hardships and difficulties. But no-one was ever left in doubt about the source of his strength. Because of his example, the 'whole of the palace guard' in Rome heard the Gospel.

Without his precarious journey and shipwreck, without his imprisonment in chains, he would never have been able to grasp such an opportunity to 'advance the Gospel.'

Be encouraged to see that God is working in and through you right now to 'advance the Gospel.'

**JOT DOWN SOME OF YOUR TRIALS,
THEN CONSIDER HOW GOD MIGHT BE WORKING IN THEM...**

**For the
kids.**



CHALLENGE:

Choose one of the verses below:

- We have this hope as an anchor for the soul, firm and secure - Hebrews 6:19
- When I am afraid I will put my trust in you - Psalm 56:3
- And we know that in all things God works for the good of those who love him, who have been called according to His purpose - Romans 8:28

Make a picture, build a model, create a poster. Show someone what you have created. If you would like it shown in our online Living Room sessions, send a photo to kidschurch@kynetonbaptist.org.

TALK ABOUT IT:

What is something that you have found out?

What do you think God wants you to know?

How do you feel about this?

How could this change how you think?

WORSHIP:

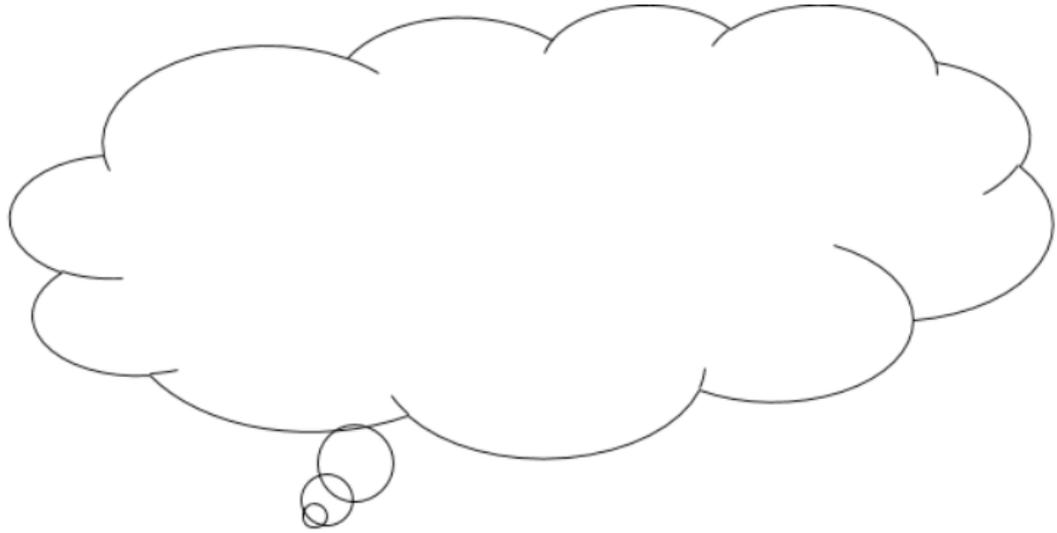
Worship is simple, it's just showing God that we love and trust Him. Choose a song. Search on Spotify, YouTube or iTunes. Put it on loud. Sing, dance, jump around or sit and listen. Remember that God doesn't care about how we sound or look. He just loves hearing us sing praises and thanks to Him. **Here are some ideas or pick your own favourite, just search for the song name below:**

- My Lighthouse, Rend Collective
- My Hope is in The Lord, Sanctus Real
- Anchor, Hillsong Worship

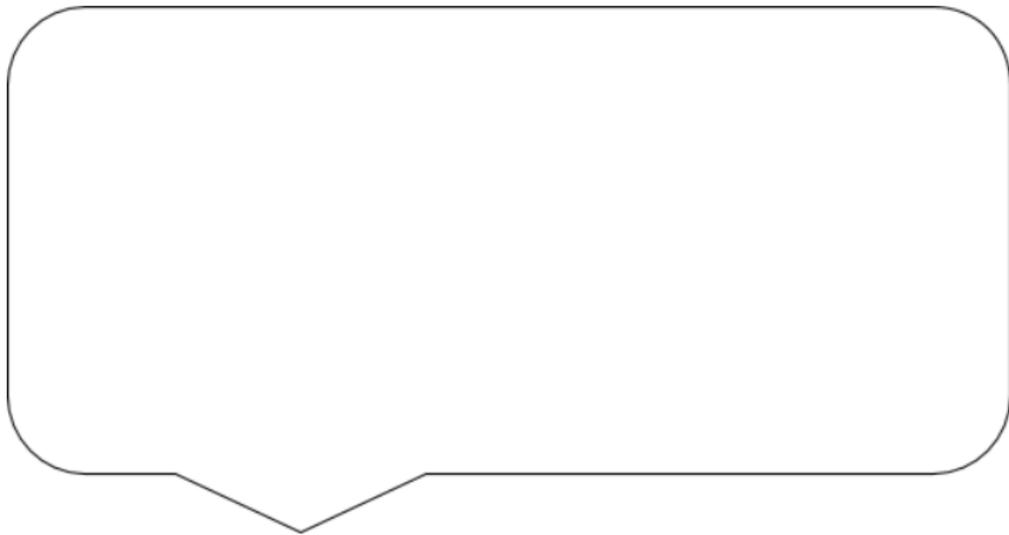
PRAY:

Praying is simple, it's just talking and listening to God. Are you going through something difficult? Are things going great? Talk to God about it. He loves to hear from you! You can do this while you are sitting quietly, walking, playing with your toys or you can use the images below to record your prayer in words or pictures.

WRITE DOWN ANY THOUGHTS OR IDEAS YOU HAVE IN
ANSWER TO THESE QUESTIONS....



What do you want to say to God?



What does God want to say to you?

COLOUR AND SEE IF YOU CAN MEMORISE THIS VERSE



WEEK FOUR

WHAT DO YOU TRUST IN - WEEK 4

Start by reading Philippians 1:19-30

After reading, now, consider when Paul writes

“For to me, to live is Christ and to die is gain.”

(v21). What an amazing statement!

At first glance Paul’s emphasis could seem to be the triumph of life after death - spending eternity with our Risen Lord. That’s the ultimate joy we all look forward to - although we do everything possible to distance that day and cling to this uncertain life on earth.

What if Paul wants us to better understand the first half of this verse? “For to me, to live is Christ”

HAVE YOU EVER GIVEN
THOUGHT TO WHAT HE
MEANS BY THIS?

HOW, IN PRACTICAL TERMS MIGHT WE APPLY IT TO OUR LIVES WHEN, TO BE HONEST, MANY OF US WOULD PROBABLY ADMIT THAT:
“FOR TO ME, TO LIVE IS MY JOB; RECOGNITION; A HEALTHY BANK BALANCE; KNOWLEDGE; FITNESS; SECURITY; PLEASURE?”



Fruitful labour for the Gospel.

Our lives are framed by activities - most of them essential, some relational, and some needed down-time. Yet Paul's understanding is clearly that of Christ first, foremost, central. He considers his very life to be one of 'fruitful labour' for the Gospel. Verse 22

This was clearly Paul's practise, not a new concept since arriving in Rome.

We need to remember that according to the book of Acts he worked as a tent maker, always aiming to be as self sufficient as possible.

Consider too that his life would have been filled with similar responsibilities to all of us - plus some rather exceptional tests and trials along the way.

Yet now, at the twilight of his time on earth, he joyfully declares what could be his motto: "For to me, to live is Christ and to die is gain."

HOW MIGHT WE CHANGE OUR THINKING TO ONE WHERE WE LIVE OUT OUR PRACTICAL RESPONSIBILITIES YET TRY AND PUT JESUS FIRST?

know that wouldn't make us 'super-spiritual', 'other worldly' or somehow an 'oddball'.

Rather we would develop a better awareness of Jesus's presence - always. So close we'd find it natural to include Him in everything, seek Him for direction and help, and praise Him for His answers.

Quite simply - we'd learn to just enjoy Him! To "Practice the presence of Jesus."

COULD IT BE THAT THE 'FRUITFUL LABOR' PAUL MENTIONS WOULD FLOW OUT OF THIS INTIMATE RELATIONSHIP? WOULD WE BECOME SO MUCH MORE AWARE OF HIS LEADING, THAT WE'D BE READY AND ABLE TO MINISTER TO THOSE HE BRINGS ACROSS OUR PATH?

Stand firm in one spirit, contending as ONE BODY for the faith of the Gospel.

Paul next touches on another matter dear to his heart, and just as important. Unity in the body of Christ.

You know it's not possible to have true relationship with Christ without true unity in the church. One cannot say, 'I love Jesus with all my heart,' yet not have the same desire to be 'at one' with our brother's and sisters in Christ.

Jesus's prayer during the last supper, the night before His crucifixion, was: "That all of them may be one, Father, just as you are in me and I am in you." John 17:21

If we all understood this and carried it out, the ensuing witness to this troubled world would be phenomenal. Yet all the church's strife down through the ages can be traced to the breakdown of unity.

Unity should be at the core of the Gospel otherwise the church cannot grow into the maturity that God desires. Lack of unity is like a cancer that erodes from deep within, spreading out to destroy life.

Consider Paul's words here: Verse 27 "Whatever happens, conduct yourselves in a manner worthy of

the gospel of Christ. Then, whether I come to see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the Gospel."

'Whatever happens.' Do you sense some urgency here, as though Paul is saying: Now get this! Conduct yourselves in a manner worthy of the Gospel of Christ.

So what does that phrase look like to you?

Do you think that if we could get that part of it right we might come near to getting the rest of it right?

How can we learn to 'stand firm in one spirit?'

The alternative is a fragmented and divided body. You see, it's not about our interpretation of the finer points of scripture. Neither is it about our position in the body of Christ. Nor about our preferred way of doing things.

Rather it's about us working together as one. With Christ first, central and foremost.

For to me, to live is Christ. One faith - one body.

COULD YOU IMAGINE UNITY DEFINING CHRISTIANITY?
DO YOU HAVE A DESIRE FOR SUCH UNITY IN OUR OWN CHURCH?

DESCRIBE WHAT THIS WOULD LOOK LIKE, AND HOW YOU WOULD NEED TO
CHANGE IN ORDER TO MAKE IT HAPPEN?



**For the
kids.**

The greatest treasure we can ever have is Jesus.

READ:

Matthew 13:44-46

WATCH:

<https://www.youtube.com/watch?v=mTJDvd31gpc>

Or google search: "The parable of the hidden treasure PursueGOD Kids YouTube"

A GAME TO PLAY:

Use the images below, make your own from the 'Hidden Treasure Parable' or find some objects in your house. Decide on the area that you are going to play in. One person hides the objects for everyone else to find. Happy hunting!

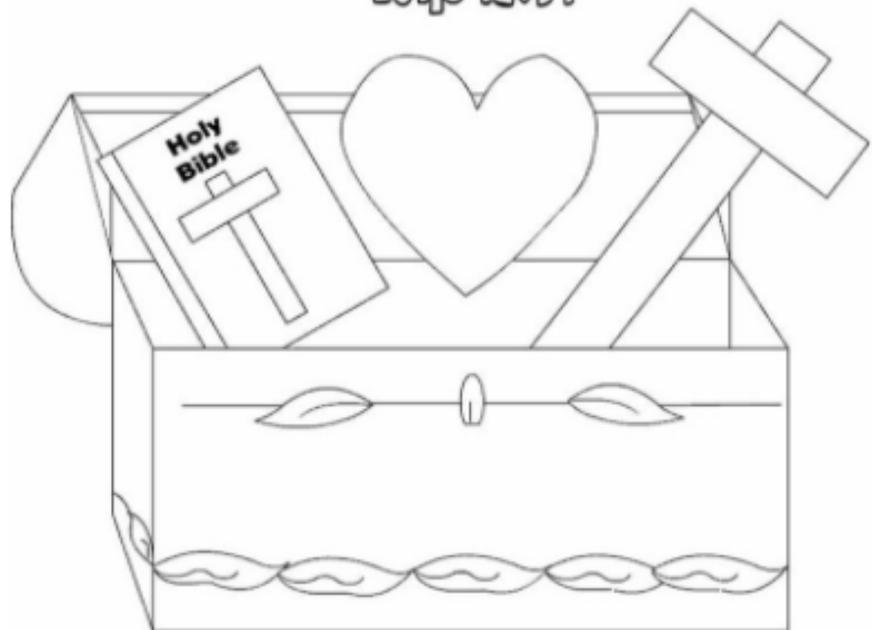
PRAY - HAVE A CHAT TO GOD

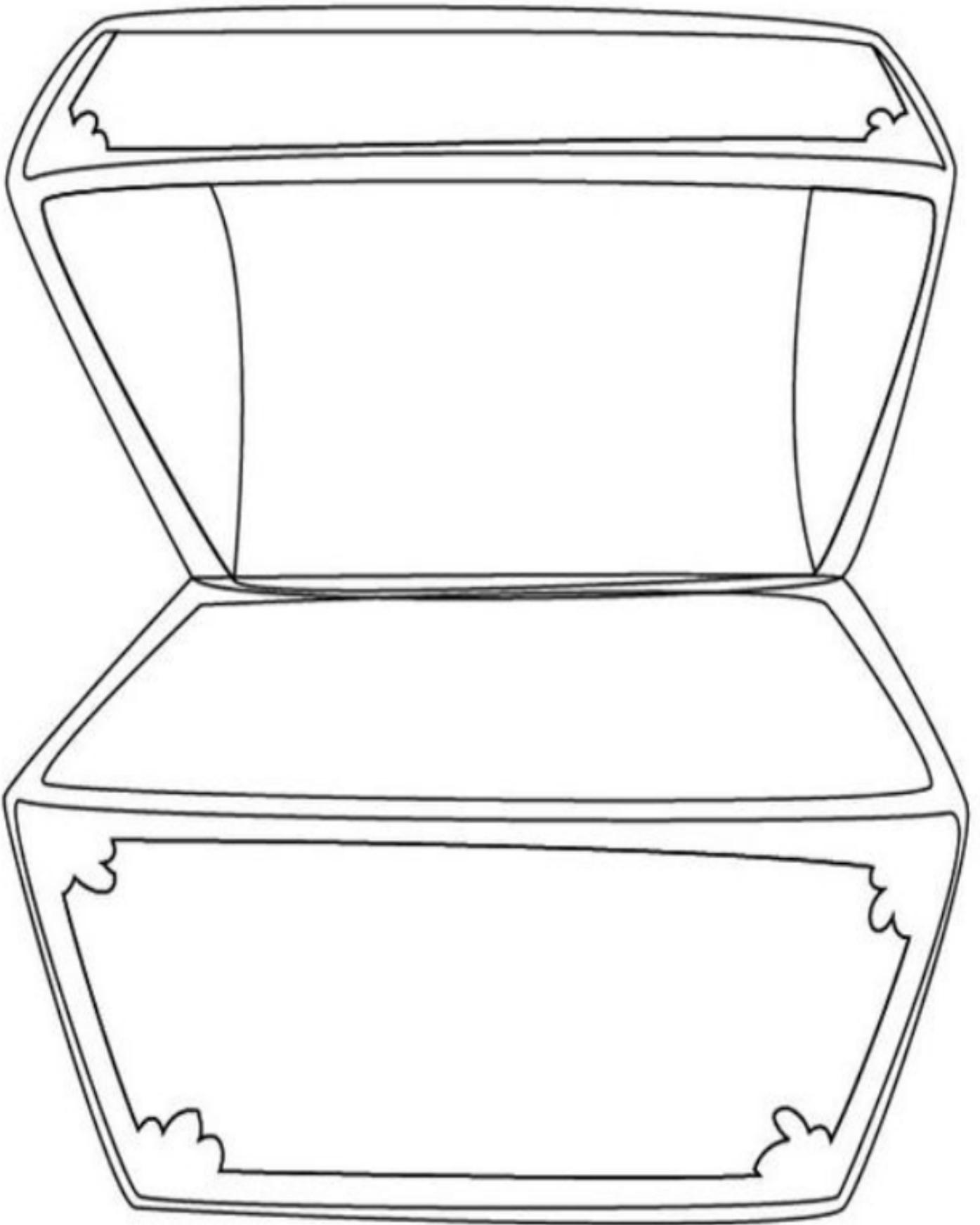
Thank God for all of the wonderful things that you have in your life. Is there anything you want to tell God about your day? What is something that you have found out about Jesus? Talk to God about it. He is looking forward to hearing from you!

THINK ABOUT IT:

What is your treasure?
Write or draw your thoughts in the chest.

**FOR WHERE YOUR TREASURE IS,
THERE WILL YOUR HEART BE ALSO.
~ LUKE 12:34**





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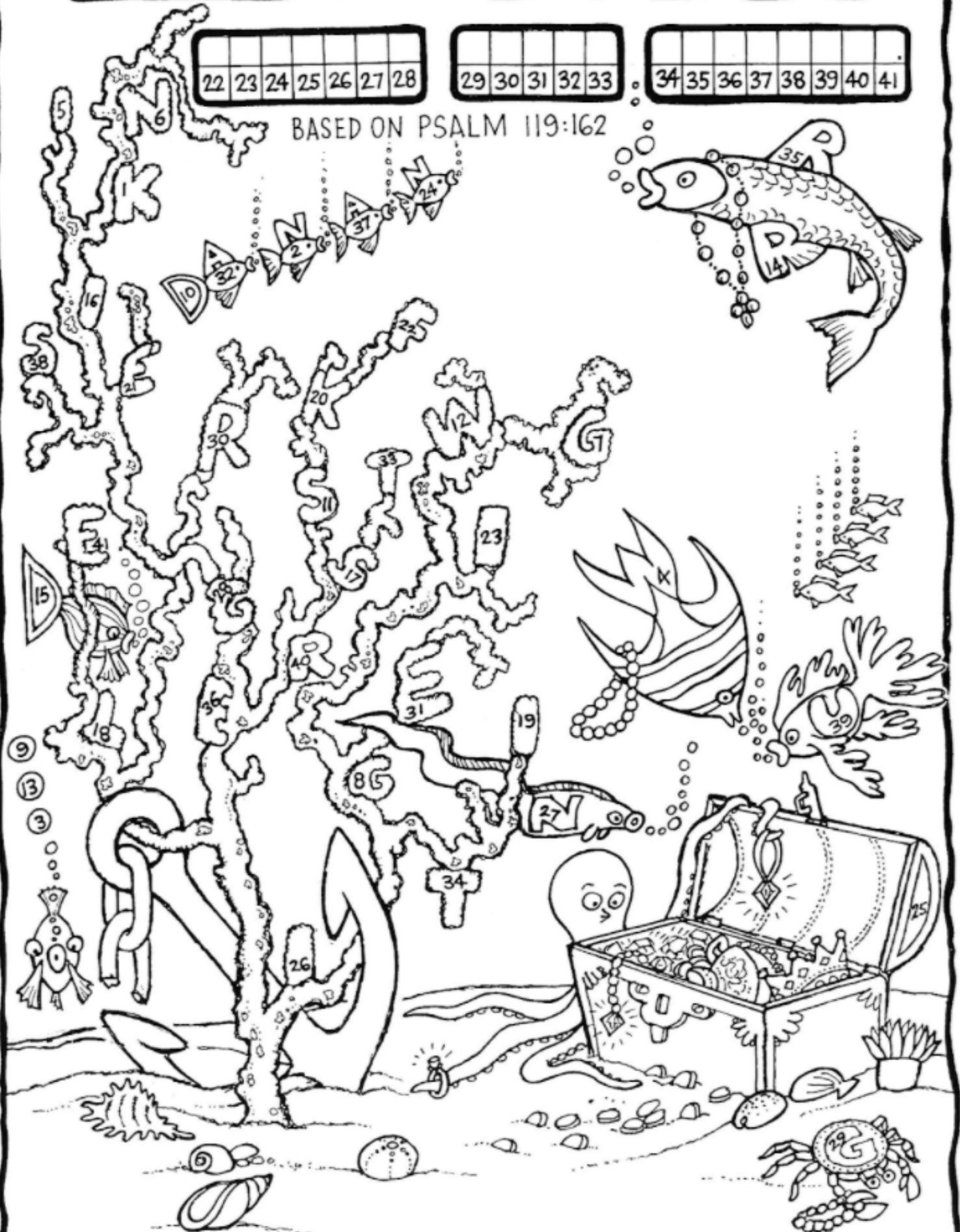
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BASED ON PSALM 119:162

"LOST TREASURE"



Put the letters in the numbered boxes, and colour the picture.

WEEK 5

HUMBLE SACRIFICE - WEEK 5

Start by reading *Philippians 2:1 - 11*.

If we were part of the Philippian church, what would be our response to Paul's opening comment in Chapter 2?

'If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then ... make my joy complete by being like-minded, having the same love and being one in spirit and purpose.' Verses 1 & 2

As in chapter 1, Paul emphasises his heart cry for unity. It means so much to him he declares that unity in the church will make his joy complete!

CONSIDER:

Do you connect joy with unity in the church?

How important is unity to you?

Joy is always connected to unity in Paul's writing.

This thought makes perfect sense, for disunity always brings discord, lack of peace, even anger and frustration. All of which stem from the self ambition, and vain conceit in verse 3. Therefore it must be possible for unity to increase joy; harmony; solidarity; all of make the heart glad.

Paul knows what he's talking about here. He's dealt with this problem for many years and we should value the wisdom born from his experience.

If we can we grasp this great truth we might better understand Paul's next point - humility.

How do we measure Humility?

CONSIDER:

Do we consider all others better than ourselves?

Do we always look to the interests of others or our own interests? Verse 4

When it comes to humility maybe we have a way to go yet, because absolutely none of this comes naturally. We're all born intent on having our own way. To be number one. Focussed on own needs and desires.

When Paul gave us an example of humility he set the bar very high. Verse 5:

“Your attitude should be the same as Jesus Christ.”

Let's look at Jesus example of humility. Though He was in very nature God, he didn't **grasp equality** with God. He made nothing of Himself, but took on the **nature of a servant**. He became like one of us in **appearance**. He became obedient to death - **even death on a cross**. Verses 5-8

CONSIDER :

**How might we apply such an example to our lives?
Is it even possible?**

First, Jesus didn't **grasp equality** with God. Remember, we're talking about the King of Kings. The Lord of Lord's, the Son of God who'd reigned in majesty, witnessed the creation of the sun, moon and stars, this earth that we call home.

He allowed himself to be, 'tempted in all points as we are,' to know hunger and thirst, and such exhaustion he'd fall asleep in a boat during a storm!

We'll never know the cost to Jesus to enter into the fullness of humanity, become the Son of man, encompassing every weakness, trouble and turmoil that define our lives.

CONSIDER :

What are some ways Jesus expressed His servanthood?

Well, in taking on the **nature of a servant** He went from; Creation - to washing the dirty feet of his followers; the majesty of Heaven - to helping out at a wedding. The Throne - to feeding the hungry masses.

CONSIDER HIS HUMILITY:

Think of some ways He gave us the ultimate example of Humility.

Jesus humility became ultimate when standing before the mocking soldiers, dressed in a borrowed robe, battered, bleeding, blood running into His eyes from the thorns piercing His head. That was humiliation beyond our imagination, but for the Son of God - surely it was supreme when He could have called upon the might of Heaven to rescue Him!

As to becoming **like us in appearance**, we read in Daniel 10 5-6 that: "I looked up and there before me was a man dressed in linen, with a belt of fine gold from Uphaz around his waist. His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude."

CONSIDER :

In what ways did His appearance change when He took on humanity?

He donned a carpenters' robe, walked the filthy streets, soiled His clothing, forsook the appearance of glory for the ordinariness of common man.



**For the
kids.**

READ :

Philippians 2:1-11

WATCH :

The kids segment in our Living Room Session titled 'Humble Sacrifice'.

THINK :

What would have happened if Jesus had put himself before other people?

Look at these pictures of Jesus' life:

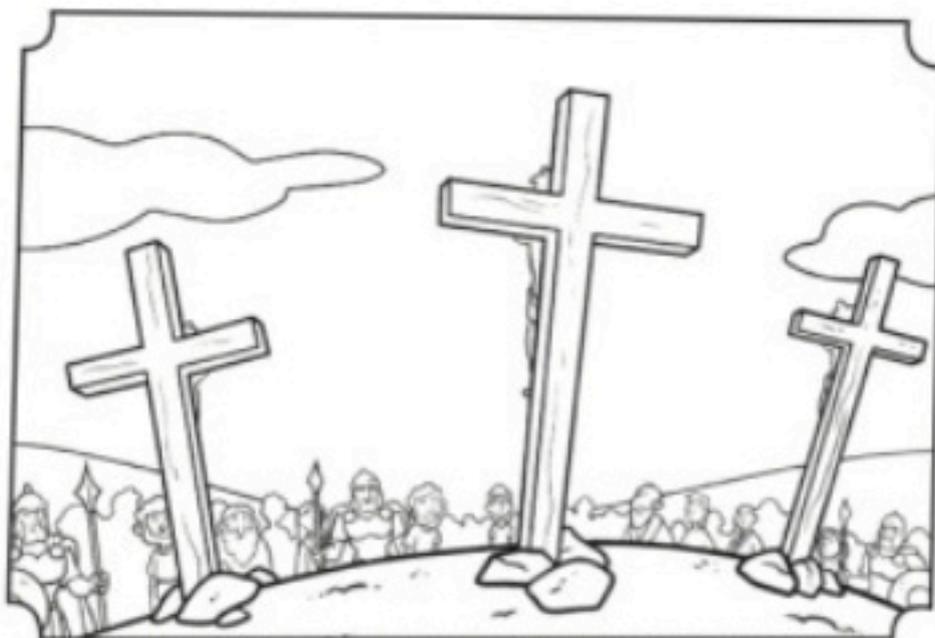


Jesus Walking on the Water



At the Lord's Supper before the crucifixion, Jesus washed the apostles' feet to teach them humility.

RaisingOurKids.com



Jesus died to save a world that was covered in sin - He took the punishment for the sin of the world, so that we could all be a part of the Kingdom of God. Mark 15:33-38

What would these pictures look like if Jesus had put himself first and others? What do you think of what Jesus did? What does that mean for your life?

FIND OUT:

Have you got any questions about Jesus?

Write them down. See if you can find out the answers to your questions. You can ask someone, do some more investigating, talk to God or email them to kidschurch@kynetonbaptist.org.

CHALLENGE:

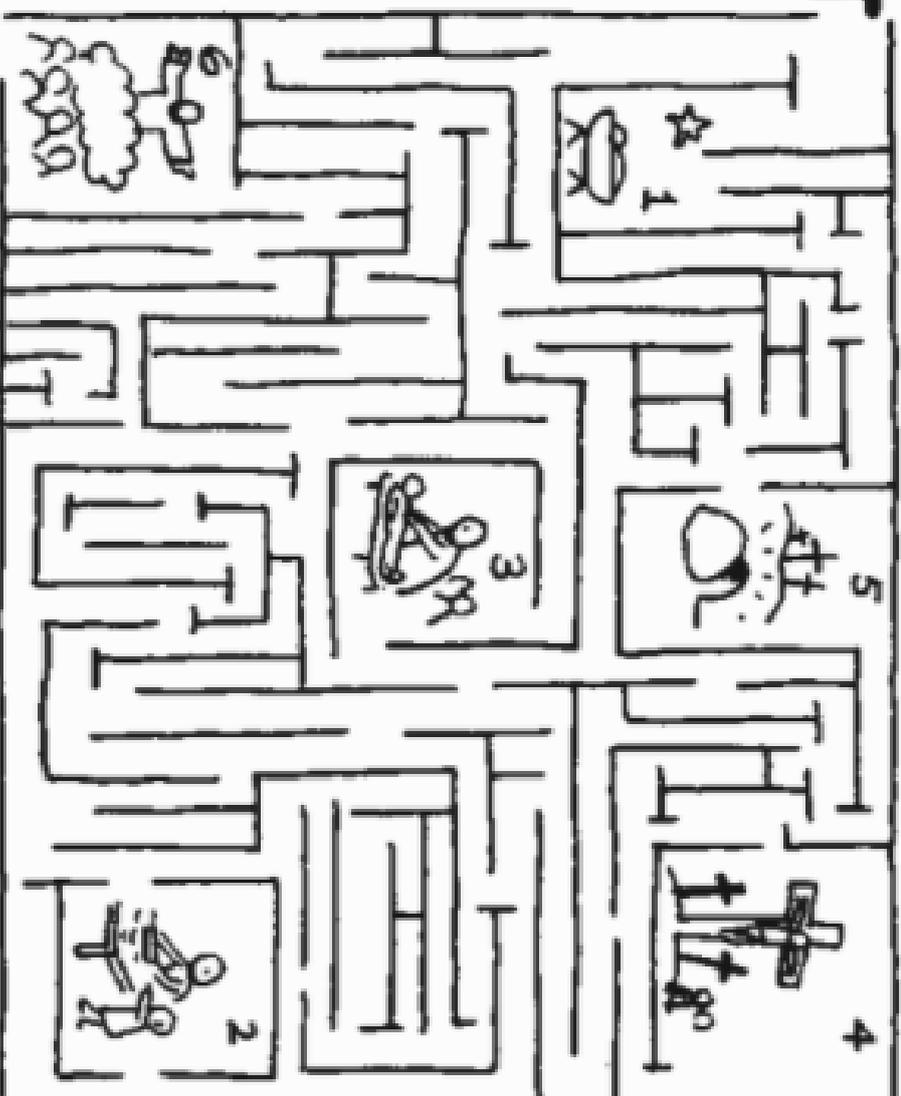
In what ways can you show humility and God's love to other people? (John 15:12)

Draw or write your ideas in the box below:

A large rectangular box with a dashed border, intended for drawing or writing ideas. The box is empty and occupies the lower two-thirds of the page.

CAN YOU FIND YOUR WAY?

START



You must travel right through each event in Jesus' life in the right order!

1. Jesus is born at Bethlehem.
2. Joseph teaches Jesus to work as a carpenter.
3. Jesus heals a little girl.
4. Jesus is crucified.
5. Jesus is alive again.
6. Jesus ascends to heaven.

We'll never become the 'blameless and pure children of God, without fault in a crooked and depraved generation' that Paul goes on to mention, while harbouring complaining, argumentative attitudes.

And even if we are surrounded by crookedness and depravity, Paul's encouragement is that we can "shine like stars" (NIV). Or as the NKJ translation puts it "shine as lights." Oh for the church to be such a witness in this world! A people free of discord and contention.

Try and picture for a moment the night sky without stars. A black canopy of nothingness. Now think about the night sky ablaze with twinkling lights, sparkling pin points of brilliance. That's the challenge for us.

You see the Christian life isn't something that's going on around us. We, you and I, are meant to be visible lights, unmissable targets reflecting the power and wonder of God.

But we can't glow brightly if we're complaining and discontented.

We can't glow when we're caught up in heated arguments.

**DO YOU HAVE ANY THOUGHTS ON HOW TO OVERCOME
TENDENCIES TO COMPLAIN OR ARGUE?**

1 Timothy 6:6 says: “Godliness with contentment is great gain.” We can achieve far more for the Gospel with humility, grace and respect. They’re attributes that reflect the very nature of our Lord.

Paul concludes these thoughts with the words: “In order that I may boast on the day of Christ that I did not run the race or labor in vain.”

The Greek translation of the word ‘vain’ describes emptiness, hollowness.

What a tragedy to waste life and discover we have produced nothing because we wasted so much time in discontent!

WHAT HAVE YOU GAINED FROM THESE VERSES FROM PHILIPPIANS?

There are some wonderful truths in this little passage of scripture that could be easily overlooked. Let’s not miss them and deny ourselves the richness and fullness of God’s multiple blessings as we

‘work out our salvation’.

Let’s be sure to bless our heavenly Father every day of our lives.

Don’t waste one day in vain.



**For the
kids.**

READ:

Philippians 2:12-18

WATCH:

The Living Room - Shining Stars or visit: <https://www.youtube.com/watch?v=OMQKy1Mx49M>

THINK ABOUT IT:

What have you found out about the Holy Spirit?

What does this mean to you?

What is something you could do with what you have found out?

FIND OUT MORE:

Find these Bible verses. Read what they say. Write some quiz questions about the verses.

Ask an adult or a friend to see if they can get them right!

- **1 John 4:13**
- **John 14:26**
- **John 14: 15-16**
- **John 16:14**
- **Matthew 5:14-16**

Shine Like Stars!

Philippians 2:15-16

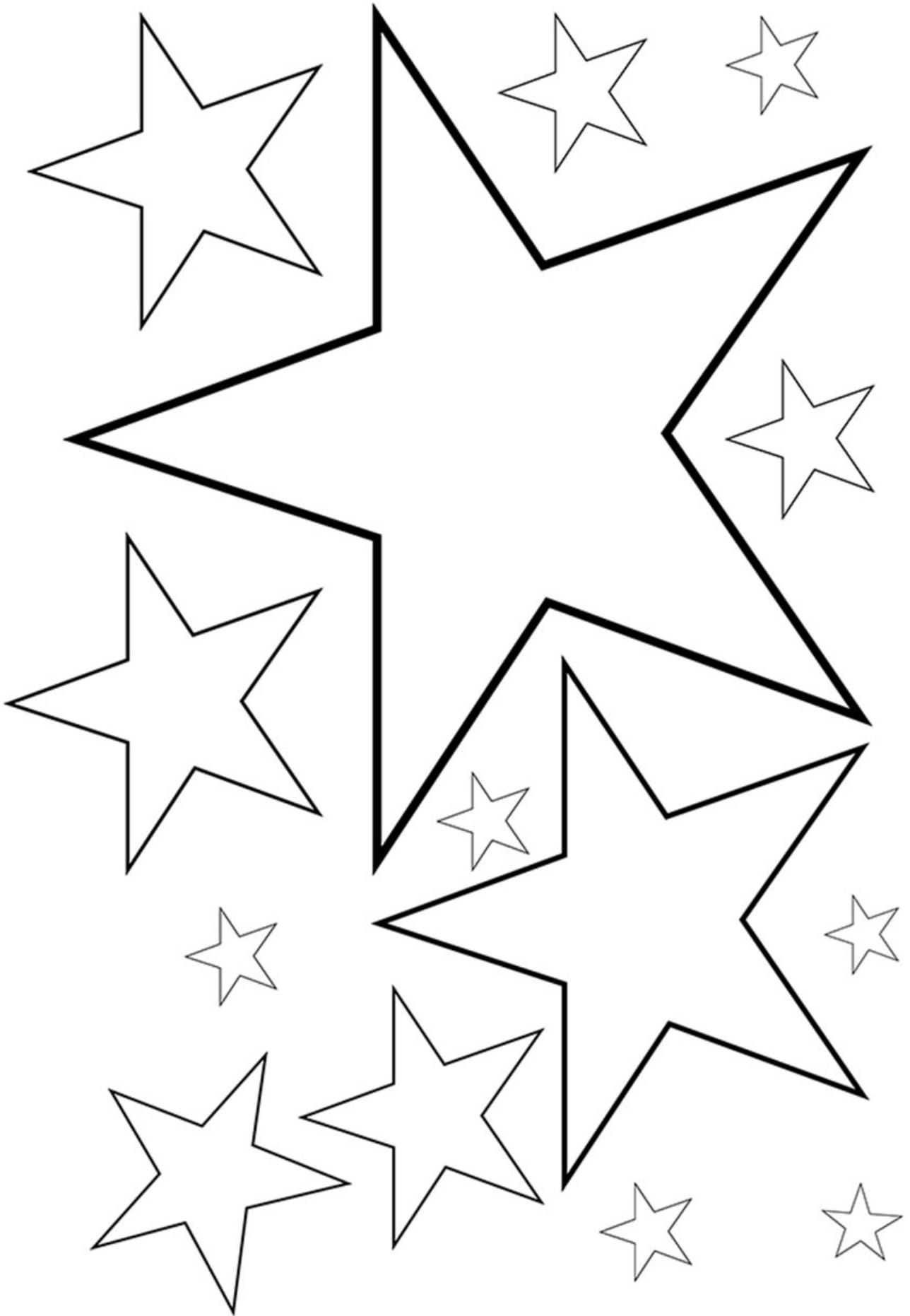
You will shine among them like stars in the sky as you hold firm to the word of life.

Using the stars on the next page, fill them with the things that you are thankful for.

CHALLENGE:

What have you found out? Build, make or draw something that will help you to remember what God has said to you, through the Holy Spirit.

While you are doing that, talk to God about it. You might even like to put on some music that will give you some time to praise and worship God for the amazing things that He has done.



SCHOOL HOLIDAYS

KNOWING JESUS - PHILIPPIANS 3

Start by reading Philippians 3.

To the Jewish society of the day, Paul's credentials would have made the 'Who's who,' list, for sure. Exceptionally learned, a Pharisee, a student of law, highly successful; respected by the 'right people'. He 'had it all', as we sometimes say of a very accomplished person.

In his words in verse 4: "... if anyone has a reason to put confidence in the flesh, I have more." Yet ... he says in verse 8: "... I consider everything a loss compared to the surpassing greatness of knowing Christ."

All those achievements, all the esteem, respect and honour, he considers as rubbish compared to what he has now found in his relationship with Jesus.

Just think about the things that define us, that have moulded and shaped us; our strengths and abilities that we take pride in; those things people envy and give us acclaim for ... all of them are rubbish compared to the value of knowing Jesus.

What Paul 'gained' when Jesus met him on the road to Damascus, was a spiritual understanding that incorporated a whole new set of values.

Every gain from his previous life, became meaningless when weighed against the 'surpassing greatness' of knowing Jesus. You see Christianity is more than a new way of life. It's LIFE as God intended it.

**“ ... I consider
everything a
loss compared to
the surpassing
greatness of
knowing Christ.”**

There's a sense of yearning in verse 10 where Paul says:

“I want to ... know Christ and the power of his resurrection and the fellowship of his sufferings.”

Searching for the closest Greek word to express this particular form of the English word 'know', meant wading through two and a half pages of possibilities to find that this use is almost remote, language that Paul rarely, if ever, uses elsewhere, and it brings a sense of intimacy, as though this is a knowing that includes wisdom about God's person, power, and plans; and a sense of personal, divine companionship.

SO LET'S CONSIDER THE FOUR THINGS PAUL LISTS IN HIS
PURSUIT OF 'KNOWING JESUS'.

1. The power of his resurrection:

We serve a risen Saviour. He is the power of His resurrection. If Jesus had not risen from the dead, then his resurrection would be powerless.

Because he did so, we have the power to overcome sin and temptation.

To live out our Christian witness.

To be conformed to the likeness of Christ.

We have the power to change, to express the likeness of Christ in this troubled world.

Through the power of the resurrection we're becoming like Jesus, the spotless, blameless, loving, patient kindhearted bride of Christ.

We can claim forgiveness.

We can overcome Satan's power.

The resurrection gives us the power to 'become lights in a dark world.'

2. The fellowship of His suffering:

The early church knew well that living for Christ meant both joy and suffering. They understood the cost of commitment. Paul himself endured great hardships in his service for Christ.

Nowadays we tend to gloss over the 'suffering' side of Christianity and major on the positives, as they are more palatable: Miracles. Healing. Exciting answers to prayer.

But that is doing a great disservice to both the church of today and the testimony of those early Christians whose witness cost them dearly. The positives are real, and wonderful, but they only represent one side.

There is 'fellowship' in suffering for Christ.

3. Becoming like Him in His death:

There's no implication here of the method of Jesus death, rather the testimony of His death, which was one of supreme humility.

The greatest demonstration of love the world has ever known.

Displaying grace and forgiveness beyond our comprehension.

Not a word of judgement or complaint passed His lips.

This was Jesus' example in his death on the cross.

Oh, to become like Jesus in His death!

4. And so, somehow to attain to the resurrection from the dead.

Paul has discussed the resurrection of all believers in other epistles. (e.g. I Thess 5:2)

So we know he holds a firm belief in eternal life for every believer. And we can absolutely hold to God's promise of the resurrection from the dead.

Life for the Christian doesn't end at the grave. We are not without hope, as are those in the world. And we can all look forward to that wonderful day with glad, expectant hearts.

WHAT IS YOUR GOAL?

Paul acknowledges in verses 12-14 that he, like all of us, has not obtained all his desires yet. We are all a work in progress, which won't end until we come face to face with Jesus.

However, there's something very valuable for us to grasp here.

Verse 13 "But one thing I do. Forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenward in Christ Jesus."

Consider:

Let's give some thought to what the 'prize' might be to us.

Write down everything that pops into the mind, or if there's nothing right now ask God to reveal some prizes to aim for.

“But one thing I do.... forgetting what is behind us!”

PHILIPPIANS 3:13

Next consider the things that might stand in our way from reaching those prizes.

There’s a message of hope for us all in the words: “Forgetting what is behind.”

Yet some people deal better with this than others. For some those things have become crippling enough to prevent them from ever reaching their full potential in Christ. When we become a Christian, Jesus offers us healing from every pain we have ever suffered.

But sometimes we need help in working through that, and help is always available. Remember we are never alone. But hanging onto our baggage allows it to rob us of our peace, joy, victory and blessings.

We can also fill our baggage with bad habits, wrong tendencies, negativity, lack of faith, that sin that so easily besets us! (Hebrews 12:1)

We all have a bag or two, or maybe more, and while we continue to cling to those bags, we’re like a runner setting out from the starting line with a heavy sack of stones tied about the waist. It more than slows him down. It makes it unlikely he’ll ever reach the finishing line.

CONSIDER AND DISCUSS

Think about the ‘baggage’ we might be lugging around. Are we still carrying old pains and injuries that drag us down? Are we still struggling to forget past hurts? They can be deep, very real and very debilitating. They always require action.

A helping aid to consider:

Taking our baggage to the foot of the cross is the very best action we can take. If you struggle with this, an effective exercise is to take a pad, pen and box of matches to a fire. Write down those things you’re struggling with and long to be rid of once and for all. Put the paper into the fire and watch your list burn, until every item becomes meaningless, unrecognisable ashes. Gone! And then walk away and forget them.

There is a wonderful freedom about taking decisive action to deal with our baggage.

It’s liberating - it releases us into the fullness of blessing that God is just waiting to bestow on us.

**“I press on
toward the
goal to win
the prize for
which God
has called me
heavenward in
Christ Jesus.”**

The goal!

We honour Jesus sinless death on the cross by remembering He suffered to free us from our sin, baggage and burdens. We honour Him by remembering his perfect attitude on the cross and living lives that demonstrate He didn't do it in vain - that's the goal.

Pressing on draws us closer to that goal. Pressing on is never easy. It can be hard work. It conjures up a picture of walking home through a bitter wind with pouring rain sending icy needles into our face. Home is the goal. We focus on that as we press on, knowing that every step is taking us closer.

Verse 14 puts it into perfect perspective. "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Heaven is our real home - our forever home - the prize, where we get to share eternity with Jesus!

Verse 15 is such an encouragement. "All of us who are mature should take such a view of things. And if on some point you think differently, that too God will make clear for you."

We don't all see things the same way at the same time. But if the matter is an important one, God will change our thinking and help us see it as He sees it. We must remember that in regard to our brothers and sisters in Christ, and allow them the process of change when it's necessary.

Verse 17 says: "Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you."

We'd do well to follow this advice. God always places in the church brothers and sisters whose lives are an example worth following.

Look out for those who:

- value unity
- display Godly speech
- exhibit God's love and peace
- speak words of wisdom
- live the faith they profess

Consider:

Think about those Christian you've looked up to over the years. Do they exhibit the 5 traits mentioned?
Why do you think their example of life drew your attention?

Remember they too are on a journey - they have their weaknesses and struggles. So what makes them different? This is worth consideration. Especially since Paul admonishes us to watch and learn from such people. Spend time considering this matter - it's important.

Paul says that the alternative is to become like those whose: "... mind is on earthly things." There is no prize in earthly living! Verse 20 "But our citizenship is in heaven."

We can't have one foot mired in earthly things while trying to maintain our heavenly perspective. Perhaps we need to change our mindset and become more aware of who we are in Christ. At all times and in all circumstances. Paul sums all this up so well in Chapter 4 verse 1: "Therefore my brothers, you whom I long for, my joy and crown, that is how you should stand firm in the Lord, dear friends."



**For the
kids.**

Knowing Jesus

Philippians 3:8 – Nothing is as wonderful as knowing Jesus.

READ:

Do you need a Bible? We would love to give you one.

Email kidschurch@kynetonbaptist.org and we can organise to get it to you.

Events from the life of Jesus:

Jesus Walks on Water - **Matthew 14:22-33**

Two Builders - **Matthew 7:24-29**

Jesus Chooses Four Fishermen - **Mark 1:16-20**

A Story About a Farmer - **Mark 4:1-9**

Jesus is Alive - **Mark 16:1-8**

There is so much more to read! Look through the books of Matthew, Mark, Luke and John in the Bible to find out more. You can also find more in the Bible App.

WATCH:

- **Put God First** - <https://www.youtube.com/watch?v=1f9c-9rKLn0>
- You can also find stories about Jesus on Youtube. Checkout Pursue God Kids, Crossroads Kids' Club or Saddleback Kids Bible Stories.

PRAYER AND PRAISE:

Pray and ask the Holy Spirit to give you an understanding of what you have read or watched.

Psalm 100 - Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

[If you have access to Spotify, there is a Playlist that you can 'like'. It is called 'KBC Kids' by Katie Mawson.](#)

CHALLENGE:

Can you make some time each day to spend with God?

You might talk to Him, read from the Bible or put on some music to worship Him.

Start your own Journal Book where you can record the things that you are learning from God.

What will you do with what you have found out?

I am prayer FULL

Focus on God: "God you are....."

Utterly rely on God's forgiveness:
"God, I'm sorry that I..."

Let your requests be made known:
God, I really need your help to...

I also want to pray for (name)...

Please....

Let's give thanks:
"I am thankful for..."

- 1.
- 2.
- 3.

Pressing on toward the goal... Heaven!

READ:

Philippians 3:12-4:1

WATCH:

- What is Heaven?<https://www.youtube.com/watch?v=dp1vgtPMdpl>
- God's Story: Re-creation - <https://www.youtube.com/watch?v=-eZxdYQCoUE>

THINK ABOUT IT:

- Have you ever thought about Heaven being a prize or a goal?
- What do you think about that?
- What does Philippians 3:14 mean to you?
- Do you have any questions? Who can you ask? How can you find out?

CHALLENGE:

God has given us some clues in the Bible about what Heaven will be like. But no-one really knows! God will have lots of amazing surprises waiting for us.

- What do you imagine Heaven will be like?
- Can you draw, paint or make a model of what you imagine Heaven will be like?
- Tell someone else your thoughts about Heaven.

PRAYER AND PRAISE:

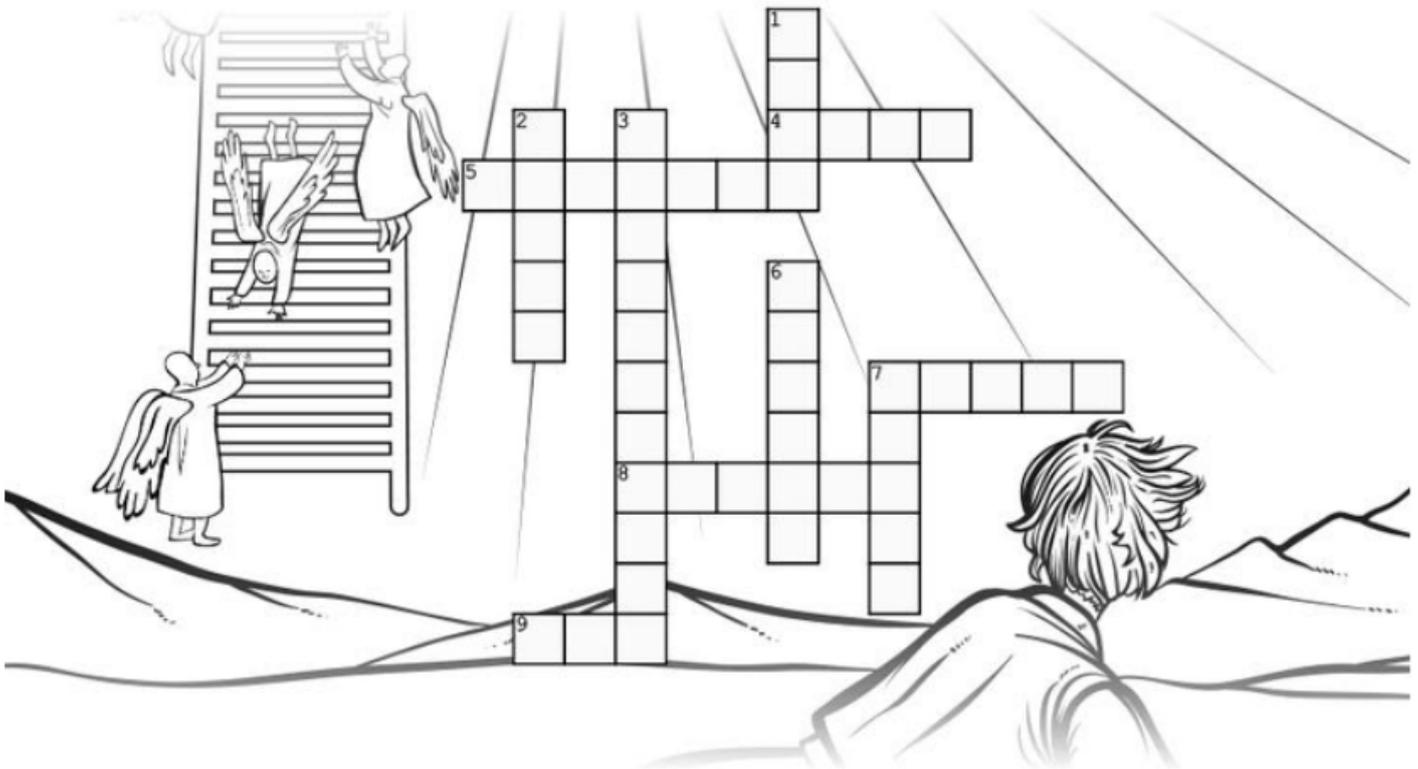
Read the following verse with someone:

Titus 3:4-7: God our saviour showed us his kindness and love. He saved us, not because of the good things that we have done, but because of his mercy. He washed away our sins and gave us a new life through the Holy Spirit. God sent Jesus Christ our Saviour to give us his spirit. Jesus treated us much better than we deserve. He made us acceptable to God and gave us the hope of eternal life (heaven).

Give God praise and thanks for all that he has done for us.

"I AM" THE WAY, TRUTH, & THE LIFE

John 14:1-11



Across

4. "You will know the truth and the truth will set you _____."
5. Jesus said, "Do not let your hearts be troubled ... I go to _____ a place for you."
7. What Bible character had the most amazing dream about a ladder that reached down from Heaven?
8. In the dream about the ladder to Heaven, _____ were freely moving between Heaven and earth.
9. Thomas was confused about Jesus' statement that he was soon to depart. He said, "Lord, we do not know where you are going. How can we know the _____?"

Down

1. Jesus declared, "I am the way, the truth, and the _____! No one comes to the Father except through me."
2. Without the truth, we would be unable to discern right from _____.
3. Jesus is the only means to create, sustain, and restore life both physically and _____.
6. Truth is the actual reality of what is seen and what is _____.
7. _____ is the promised Messiah who came to bring salvation to the whole world!



Solve the rebus to discover today's memory verse.

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REJOICE!

PHILIPPIANS 4 - WEEK 7 - THE PATH TO PEACE

This section of Philippians brings reminders and new thoughts, all with potential to positively impact our Christian journey.

Paul begins by revisiting 2 vitally important themes, 'unity' & 'rejoicing'. He urges two women who 'contended at his side for the cause of the Gospel', Euodia and Syntyche, to settle their serious dispute.

CONSIDER:

Having given considerable thought to the importance of unity in the Mindfull series, how do you now view the problem between these women?

Paul also reminds us to 'rejoice in the Lord'. Not just when we feel like it! But ALWAYS! The fact that he mentions this 9 times in this little epistle surely stresses the value rejoicing brings to our Christian walk.

Have you become more aware of the need to rejoice through this study of Philippians?

Are you doing so more often?

We're next told to let our 'gentleness' be evident to all. Gentleness is not weakness. Jesus was the most gentle person to walk this earth, yet He was also the most powerful man in history.

CONSIDER:

When have you been impressed by the 'gentleness' of a fellow Christian?

How did it affect you?

Paul's next tells us not be 'anxious about anything'. Rather, in 'everything', by prayer and petition, with thanksgiving, we're to present our request to God.

Do you see a pattern here?

1. Maintain Unity
2. Keep a Rejoicing Heart
3. Cultivate Gentleness
4. Don't be Anxious

Maintain Unity, Keep a Rejoicing Heart, Cultivate Gentleness, Don't be Anxious

Perhaps these are not a haphazard bunch of good ideas. Rather a vital pattern of very real help in this stress-filled world.

You'd be right in thinking that it's hard to not be anxious.

For some it's almost impossible. Anxiety is a major health issue of our day, the most common mental illness affecting 17% or 3.2 million Australians right now.

Christians aren't immune from the debilitating effects of stress, but here's the difference; we have God's answer to help us deal with this appalling problem.

Phil:4:6 says we're to be anxious about nothing, to be prayerful about everything! In a nutshell, we're to put our prayers into God's hands, then go off and leave them there.

CONSIDER:

If we 'present' something to someone, we can't take it back again, so what is your reaction to verse 6?

Do you struggle with anxiety?

Does verse 6 seem to be an unrealistic command?

This instruction sounds easy enough but the reality is that for most people, it's not. So consider it this way. If we planted an acorn, then each week thereafter dug it up to see how it was growing, it would probably die. Likewise when we persist in 'digging up' our prayers to see how they are doing, we undermine God's work on our behalf and cling to our anxiety.

CONSIDER :

Can you think of an instant in which you found yourself 'digging up' your prayer because you couldn't just leave it with God?

Paul teaches us to take everything to God in prayer, with thanksgiving. Here's a wonderful promise that can really help.

Verse 7: 'And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

We can't explain a peace that "transcends all understanding" because it makes no sense whatsoever. Barclay defines it as: 'surpassing all human thought.' It's a state of being in which all sense of what would rightly disturb us in the depth of our being, is gone! No longer able to inflict us.

CONSIDER :

Is this verse a revelation to you?

Do you struggle to find inner peace?

Do you think a Christian should have peace all the time?

Well, verses 6 & 7 actually have the power to transform our life, for not only are we promised 'impossible peace', we're told that such peace will 'guard our heart and mind' in Christ Jesus.

That word 'guard' in Greek means literally to be a - watcher in advance; to mount guard as a sentinel (to

post spies at the gates); to hem in, to protect. What a picture! Nothing can penetrate that armed sentinel which is on duty 24/7! Take time to think about that.

CONSIDER :

Do you see how God's Word here is a real, workable promise of total protection for our heart and mind?

Do you find this encouraging?

Where does anxiety hit you?

First our thoughts are pierced, becoming a minefield of turmoil. All the dire possibilities facing us are played out in stark, painful reality. Then our hearts fill with tension and fear weakens us, potentially making us ill. Yet... if we can just learn to apply the secret of Phil: 4:6 & 7 we can save ourselves from the appalling stress of crippling anxiety.

Remember this is God's inspired word - His promise to you & me! He gave it for our good.

Paul then adds more help. Verse 8 'Finally, brothers, whatever things are true; noble; right; pure; lovely; admirable; excellent; or praiseworthy - think about such things.'

Anxiety is a barrier to such positive thoughts, counter-productive to a healthy life and a good testimony. While the other path leads to the reality of God's amazing peace.

Finally: Verse 9 'Whatever you have learned or received or heard from me - put it into practice. And the God of peace will be with you.'

CONSIDER :

What have you found most revealing in this portion of scripture?

What has most helped you?

**For the
kids.**



Talk, Tell, Thank, Think, Trust!

Talk to God. Tell God what you need. Thank God for all that he has done. Think about things that are wonderful. Trust God and He will give you His peace!.

READ:

Philippians 4:4-9

Matthew 11:28-30

Matthew 6:19-34

WATCH:

God's Peace for Younger Kids' <https://www.youtube.com/watch?v=Y31SXy-amuc>

Don't Worry (Saddleback Kid's) <https://www.youtube.com/watch?v=PG1LjFO99dA>

TALK ABOUT IT:

What is worry?

What are some of the things that we can worry about?

Is there anything that you are worried about at the moment?

Why don't we need to worry?

What can we do instead of worrying?

CHALLENGE:

ONE: Make a list of things that worry you. Talk to God about the things that are on your list. Tell him the things that you are thankful for. Trust Him to be in control of what is happening.

TWO: Go on a Scavenger Hunt. Can you find something from God's creation for every letter of the alphabet?

Philippians 4:8-9 - Fix your thoughts on what is true and honourable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.

Nature A-Z Scavenger Hunt

by pocketot.com



A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

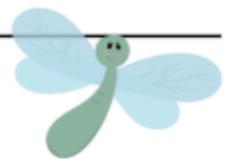
V _____

W _____

X _____

Y _____

Z _____



CONTENTMENT

THE PATH TO CONTENTMENT - WEEK 8

Start this week by reading Philippians 4:10-23.

Paul begins by expressing his gratitude to the Philippian church for their substantial financial gift brought to him by Epaphroditus. This man would have traveled some 7,415 kilometres, most likely unwell for much of the journey given that he almost died when he finally reached Rome.

Paul is understandably very grateful, to him and for the money which will be a great help toward feeding and clothing himself and his followers, and finance Epaphroditus and Timothy's journey back to Philippi with this letter.

CONSIDER:

Does the distance Epaphroditus traveled surprise you?

Think about the dangers, trials and difficulties of such a journey.

Would he have travelled with a group or alone?

Would much of it have been by sea, and what might the terrain have been like for the part spent walking?

Verse 17 "Not that I am looking for a gift, but I am looking for what may be accredited to your account." The 'account' of the Philippian church ought to be abundant, for their generosity to Paul from the start of his ministry - often his only support - has been considerable.

CONSIDER:

Are you aware just how supportive of Paul's ministry the church at Philippi has been over the years?

Paul goes on to make an important point in verse: 11 "I am not saying this because I am in need, for I have learned to be content whatever the circumstances."

CONSIDER:

The Greek expresses contentment this way: 'to be or to have enough of a thing' but do you think having enough necessarily leads to contentment?

How often are we truly content?

How do you measure 'contentment'?



**“And my God
will supply
all your needs
according to
his glorious
riches in
Christ Jesus.”**

A cursory glance at society would suggest 'things' or even 'having enough' is not necessarily the answer. It's worth noting that the most common observation one hears from travellers to impoverished countries, is the surprising peace and joy of the people who - compared to us - have very little!

So perhaps contentment is not about what we have, as much as our acceptance of our lot in life.

As we're nearing the end of Paul's letter to the Philippian church, we should consider some of the major themes once again. Maybe Paul's trying to show us an important truth as he winds this up. Words like: **unity, joy, gentleness, peace, have become familiar.**

CONSIDER:

Do you think this Godly man might have found these attributes to be a pathway toward contentment? Do you see a connection here?

Paul goes on to say in verse 11. "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." It's a learned attitude. The Greek meaning, 'to learn by use and practice, to acquire the habit of' expresses it perfectly.

Just as an example, to find oneself in hospital for a prolonged spell, cut off from life and family is frustrating to say the least. When it happens close to 30 times over the years, one learns there is no use being discontent.

We can learn to be content in the situations that are not our choice. It's hard. But we have to move on from the frustrations of life when we discover we can't change the situation, and learn to find peace and contentment in it.

That's what Paul wants us to understand. Sometimes we find ourselves between a rock and a hard place with no end in sight. But whatever happens God can teach us the secret of contentment.

Living with plenty or struggling to pay the bills. Well fed - or hungry. Whether in a chosen situation or an enforced one which is beyond our control, as so many are right now in Victoria.

CONSIDER:

Have you found this to be true in your life? Do you sense God is teaching you to be more content through the difficulties of coping with COVID-19?

Paul states next, "I can do all things through Christ who strengthens me." This verse is frequently misunderstood. Philippians 4:13 shouldn't be used as a blank-check promise for whatever we desire. **Rather, in context, it is a verse is about contentment. It's not about our dreams coming true or our goals being met.**

CONSIDER:

Is this a surprise to you?

Many of us have 'used' this verse in hope of things being better but have you ever thought of it in the context of contentment?

Well, the 'all things' does relates to the context - learning to be content, no matter what. Paul can do 'all things' including putting up with whatever difficulties must be faced along God's chosen path, because God gives him, and us, the strength needed.

Verse 19. "And my God will supply all your needs according to his glorious riches in Christ Jesus." The riches of the glory of God are experienced most fully when Jesus dwells in our hearts by faith. This promise, at the conclusion of the letter to the Philippians, expresses our hope that God will meet our every need. We can know that his supply comes to us according to the riches of his glory in Jesus Christ, our Lord and Saviour.

And so we conclude the wonderful lessons of Philippians, rich in experience and in hope.

CONSIDER:

How has Paul's letter to the Philippian church impacted your life?

Have you learned anything new or had fresh insight into any aspect of Paul's teaching?

How might you see or do things differently?

The mind of Christ leads us to live like Jesus in our places and spaces. Jesus lived out his life, and Paul calls us to like likewise follow in: unity, joy, gentleness, and peace - let us become familiar in living this way.



**For the
kids.**

READ:

Philippians 4:10-23

Psalms 100

THINK ABOUT IT:

What does it mean to be content?

How can you be content when you want something you can't have or something might be happening in your life that you can't control?

What are you going to remember from Philippians?

CHALLENGE #1:

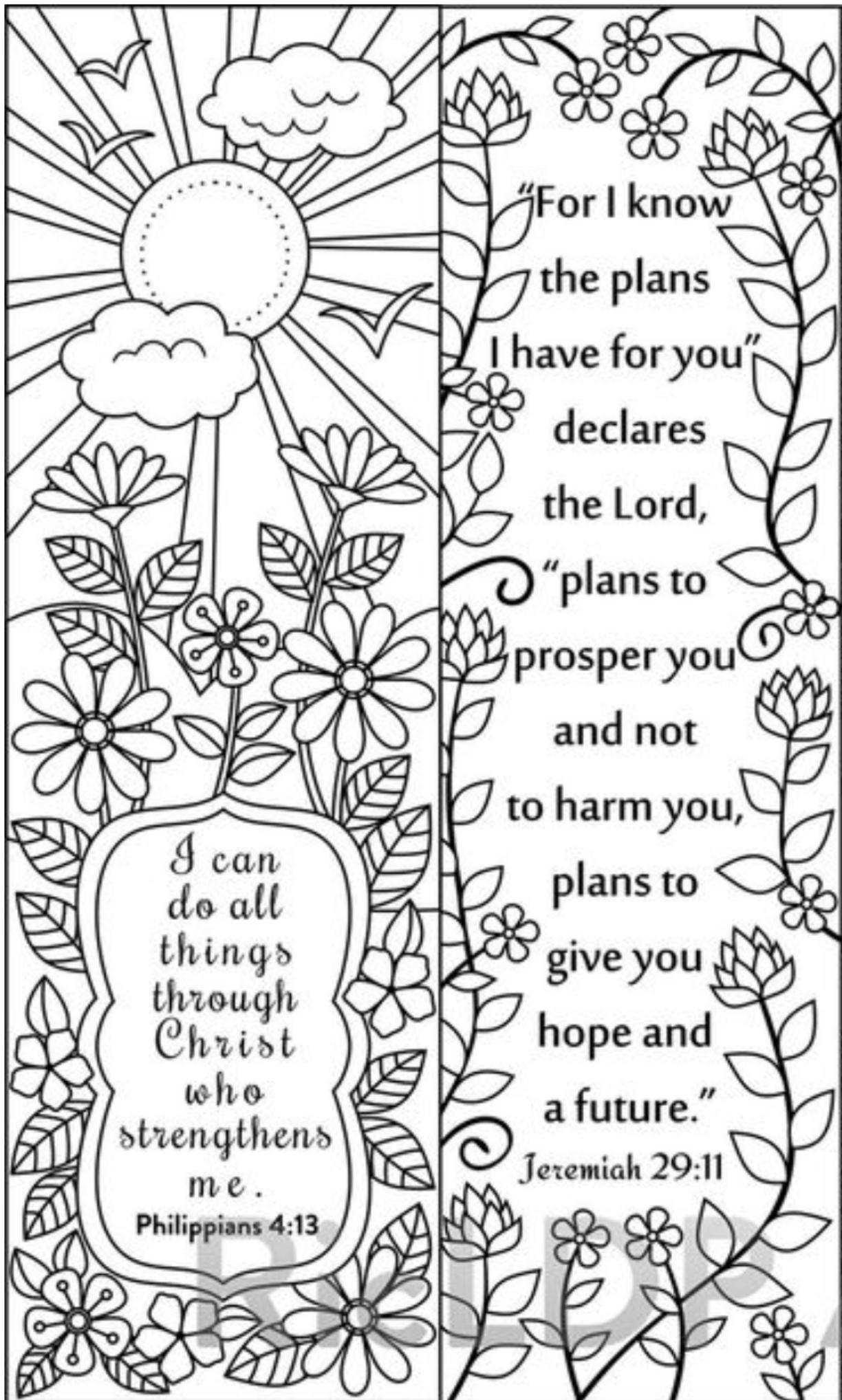
Make a thankfulness jar for your family. Whenever you think of something that you are thankful for, write it on a piece of paper and put it in your jar. Decide when you are going to check the jar together and use your messages of thankfulness as reminders of God's goodness to you and your family.

CHALLENGE #2:

Learn a Bible verse (or more!) by memory. We can be content in any situation when we are able to remember God's promises. Use the bookmarks below to get you started.

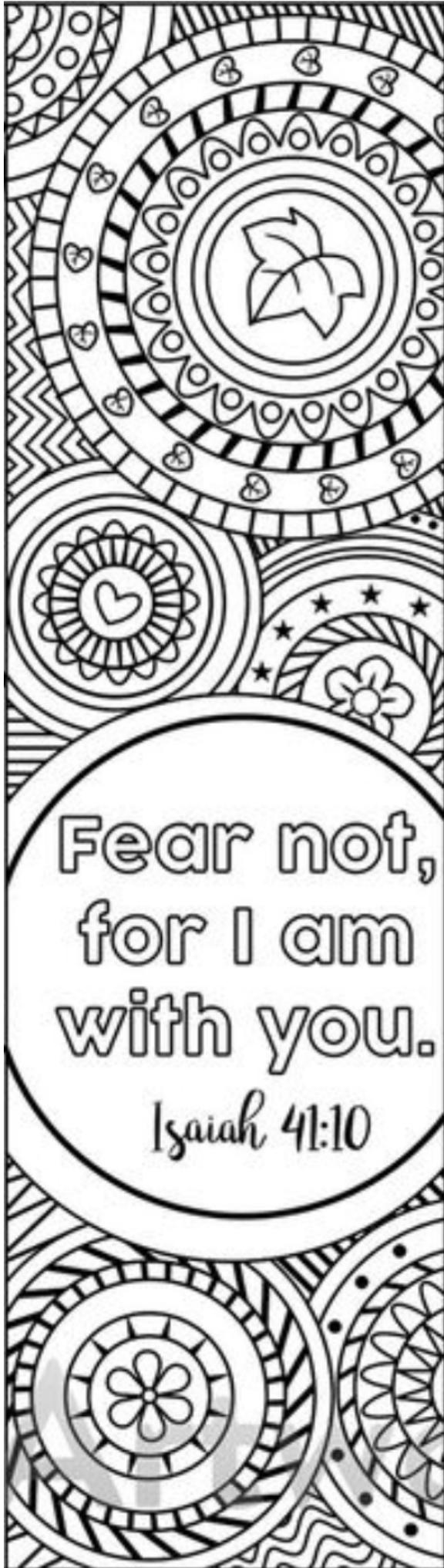
PRAYER AND PRAISE

Choose a song. Sing, dance, jump around or sit and listen. Tell God how you are going. Is there anything that you need? What can you thank God for? Tell God the things that you love about Him.



I can
do all
things
through
Christ
who
strengthens
me.
Philippians 4:13

"For I know
the plans
I have for you"
declares
the Lord,
"plans to
prosper you
and not
to harm you,
plans to
give you
hope and
a future."
Jeremiah 29:11



Fear not,
for I am
with you.

Isaiah 41:10



This is
the day
that the
Lord
has made;
let us
rejoice
and
be glad
in it.

PSALM 118:24

A STUDY OF PHILIPPIANS AND THE MIND OF CHRIST

MINDFULL

