

Philippians 4 — Joy, peace, and contentment

Philippians 4

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul say to do with anxiety (vv. 6–7), and what does he promise will protect our hearts and minds?

2. What does it show me about people — and about myself?

Paul 'learned the secret of being content in any and every situation' (v. 12). Where is discontent loudest in your life, and what would contentment look like there?

3. What will I obey this week? (a concrete step, with a day)

'Whatever you have learned or received or heard from me, or seen in me, put these into practice' (v. 9). Which one thing from this letter will you put into practice this week?

4. Who will I tell?

The Philippians partnered in the gospel 'from the very first day' (1:5), giving so it could travel. Whose gospel work will you tangibly support — and who needs to hear from you this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, teach me to find joy in you always, to bring you every request with thanksgiving, and to be content in any circumstance through him who gives me strength.



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