



from the inside out

Week 1 Home Study: Intro– Phil 4:11-13

MEMORY VERSE:

“I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need: I can do all things through him who strengthens me.” **Philippians 4:11b-13**

BASIC STUDY

QUESTION 1

Read Philippians all the way through in one sitting without studying it or looking for anything in particular. Record your first impressions – what expectations, concerns, and questions do you have?

QUESTION 2

Review the Class Notes on Acts 16. Be sure and note anything you want to bring up in small group:

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QUESTION 3

Paul's Journey from first visit at Philippi to writing the letter of Philippians

Paul's visits Philippi for the first time. Paul is arrested, beaten, and jailed. He is released when they discover he is a Roman.	50 AD	Acts 16:11-40
Paul travels to other cities starting other churches. He is mistreated in a variety of ways in these cities too. Sometimes the people who claim to be Christians reject him.	50-55 AD	Acts 17- 21:17
Paul goes to Jerusalem despite dire prophesies not to go to Jerusalem. He follows God and goes anyway. While there, he is beaten by Jews because he teaches that God loves Gentiles. The Jews force the Romans to arrest him.	56 AD	Acts 21:18-23:35
Paul is tried by local Roman government officials and imprisoned.	57-58 AD	Acts 24-26
Paul appeals to Emperor Nero. Paul is put on a prison ship to take him to be tried by the Emperor. Ship sinks and he is stuck on an island for the winter waiting for the next boat.	59-60 AD	Acts 27-28:15
Paul is under house arrest in Rome waiting for Emperor Nero to try him. The Philippians send him money and a helper, Epaphroditus, who gets sick and instead of caring for Paul, Paul has to take care of him. Paul writes Philippians while under house arrest.	60-62 AD	Acts 28:16-31

Look at the above timeline of 12 years of Paul's life. Don't just review the chart – really imagine what Paul must have felt as all this is happening. Read all of Philippians again and write down what clues Paul gives towards being joyful, rejoicing, and being content despite all he has been through:

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QUESTION 4

Make a timeline of the last 12 years of your life – be sure and include any major joys or problems you have had.

Year	Important Events
2000	
2001	
2002	
2003	
2004	
2005	
2006	
2007	
2008	
2009	
2010	
2011	
2012	

Looking back at “the clues” you recorded in Question 2, how could you benefit from the convictions of Paul?

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DEEPER STUDY

QUESTION 5

The following people play a role in starting the church in Philippi, but are not specifically mentioned in the book of Philippians.

Lydia (Acts 16:13-15)

- What is her relationship with Paul?
- Why would scholars believe that Philippians 1:3-5 is a reference to Lydia?
- What does Paul accept from Lydia that he does not accept from anyone else during his ministry? 1 Corinthians 9:14-19.

The Slave Girl (Acts 16:16-23)

- What is her relationship with Paul?
- What kind of trouble does healing her get Paul into?
- Why does Paul wait to heal her until he is annoyed with her?

Jailer /Other Prisoners (Acts 16:24-34)

- What is his/their relationship with Paul?
- What good comes from the horrible pain Paul suffers?
- In Acts 16:37, Paul never promises that he won't report the magistrates to the Romans for their mistreatment of him. What might this have bought the church in Philippi?

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QUESTION 6

Record what Philippians tells us about the following people:

1. Paul
2. Timothy (read Acts 16:1-5, I Tim 1:1-2, and 2 Tim 1:1-2 to learn more about Timothy)
3. The saints in Christ Jesus who are in Philippi (including the bishops and deacons)
4. Epaphroditus
5. Euodia and Syntyche
6. The Whole Imperial Guards
7. Saints in the Emperor's Household

What does the mention of these people tell you about Philippi?

QUESTION 7

Answer the following questions

- What kind of document is Philippians?
- Why is Paul writing it?
- What is its tone?
- What seems to be happening in Paul's life and in Philippi?
- Who is the audience?

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SUGGESTED QUESTIONS FOR SMALL GROUP DISCUSSION:

1. 9:45 am (5 min) – Say or read the memory verse together. Read the whole scripture.
2. 9:50 am (10 min) – Does anyone have anything in particular that they wanted to discuss about the lesson this week?
3. 10:00 am (10 min) -- Discuss your impressions of Philippians so far. How do you think studying it will affect your life? As a group, compile a list of expectations, concerns, and questions that your small group has about Philippians. Please have someone take notes so that you can pass this list on to April.
4. 10:10 am (10 min) -- Confidentially think of the worst thing that has ever happened to you in your life. Now everyone close their eyes while someone in the group slowly reads Philippians 4:4-13 pausing to let each verse sink in. How do these verses speak into your life?
5. 10:20 am (20 min) -- Ask “what has God been doing in your life this week?” Pray for each other.
6. 10:39 am (1 min) -- Close by saying the Philippians Prayer:

Dear God, May our love abound more and more with knowledge and full discernment; so that we may choose the things that are excellent, so that in the day of Christ we may be sincere and blameless, being filled with the fruits of righteousness that come through Jesus Christ for the glory and praise of God. Amen