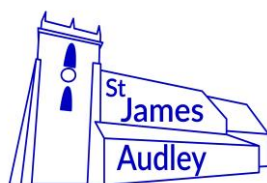




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# Bible Reading Notes

June 2022 - Philipians



## How to use these Bible Reading Notes:

These Bible reading notes are a resource to help you feed on God's word a little and often and allow it to change your life. If you miss a day (or several!), don't feel guilty or try to catch up; just pick up wherever you left off – it doesn't matter if it's the wrong date.

Here are some tips on how to get the most out of this:

1. Find a time and place where you can be quiet but awake.  
Maybe set an alarm on your phone to remind you each day.
2. Pray. Ask God to help you understand what he says.
3. Use the notes to help you think about the Bible passage (use a good translation of the Bible like the NIV).
  - 'Read' tells you which verses to read.
  - 'Apply' shows how it affects you.
  - 'Pray' suggests ways to talk to God about it.
4. Pray about what you have read.
5. Look for a chance to share with someone what God has been saying to you.

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*These notes are easy to install on most phones or tablets.  
Install the 'PrayerMate' App and you'll find it under 'Add Subject →  
Biblical prayers & devotions → Real Food.'  
If you have any problems, email [info@prayermate.net](mailto:info@prayermate.net).*

Wednesday 1<sup>st</sup> June

*It's all about Christ Jesus*

We're going to spend the next month in Paul's letter to the Philippians. It's full of joy, even though Paul is writing from prison in Rome.

Read Philippians 1v1-2

- How does Paul describe himself and Timothy?
- Philippi was a Roman colony – to be a 'Philippian' was quite a privilege. But how does Paul describe the Philippians?
- The Philippians are being persecuted. How would verse 2 encourage them?

Apply

For Paul and the Philippians, their identity in relation to Christ was more important than any other identity.

- Is it the same for you? Why/why not?
- In what situations do you need to remember the grace and peace that God has given you?

Pray

Talk to God about the things which draw you away from finding your identity in Christ. Ask God for the grace and peace to trust that he is all you need.

Thursday 2<sup>nd</sup> June

*The self-forgetful pray-er*

Paul's letters usually start with prayer – and we can learn a lot about what he thinks is important from what he prays for...

Read Philippians 1v3-6

- Given Paul's situation (he's in prison), what is surprising about his prayer?
- What is the source of his joy? (v5-6)

'Partnership' includes both financial help and a shared ministry. The Philippians' gospel-partnership is outward evidence of the inward faith God has given them – the 'good work' he has begun.

- Why is Paul confident that the Philippians won't fall away? (v6)

Apply

- What outward evidence of God's inward 'good work' do you see in your life? Don't compare yourself to other people; how has God changed you?
- When times are tough, what do you pray for? It's right to pray for ourselves, but how could Paul's example of thankful, other-centred prayer be a model for you?

Pray

Ask God to give you assurance and joy as you see him change you and others.

Friday 3<sup>rd</sup> June

*Love hurts*

Paul wasn't afraid to share his feelings...

Read Philippians 1v7-8

- How does Paul feel about the Philippians?
- Why does he feel like this? (v7)
- What is the source of Paul's love? (v8)

Apply

Paul's love for the Philippians might make us feel a little uncomfortable! But they're his family – they share God's grace with him, and he loves them as Jesus has loved him.

- Do you love other Christians like this?! How could you take a practical step to do this today?
- Is there a particular Christian brother or sister you really struggle to love? What needs to change?

Pray

Ask God for a deeper understanding of his gracious, sacrificial love for you, so that you are in turn able to love the unlovely.

Saturday 4<sup>th</sup> June

*Love isn't all you need*

Paul's prayer for the Philippians reveals his priorities for them.

Read Philippians 1v9-11

- What would happen if we had love without knowledge or insight?
- What does this kind of wise love mean for our decision-making? (v10a)
- How does it affect our actions? (v10b-11)?

Apply

Love on its own, no matter how abundant, isn't all that useful; we need to know what to love and how to love.

- In what areas do you particularly need wisdom on how to love well?
- How will this affect your actions today?

Pray

Ask God for wisdom to know how to love others well.

Sunday 5<sup>th</sup> June

*Every cloud*

Paul is relentlessly positive! Though things are very tough, there's not a hint of grumbling – just gospel opportunities!

Read Philippians 1v12-14

- What is Paul talking about in v12? What has happened to him? (v14)
- How does he see God working through his situation?
- Why might Paul being in prison give those around him courage to share the gospel?

Apply

It's not clear whether it was Paul's presence as an encourager which made his brothers and sisters bolder, or his joyful, fearless faith in the middle of his imprisonment. Perhaps it was both.

- When fear threatens to stop you from sharing the gospel, what do you need to remember? What's the worst that could happen?
- Are you on the lookout for opportunities to share the good news today?

Pray

Give thanks for the eternal safety you have in Christ. Pray for boldness to share this message with others, whatever the cost.

Monday 6<sup>th</sup> June

*Right thing, wrong reason*

Paul wasn't the only gospel preacher in town, and some saw his imprisonment as an opportunity...

Read Philippians 1v15-18a

- What wrong motives do some of these preachers have? (v15a, v17)
- What have they misunderstood about Paul and his motives? (v18a)
- How are the preachers in v15a and v16 different?

Apply

Paul cares about Jesus. His priority is that as many people as possible hear and believe the gospel. What people think of him simply isn't important.

- How do these things challenge you?
- Are you ever tempted to become proud about the 'success' of your church or ministry? Or jealous of the success of others? How do your motives need to change?

Pray

Ask God to give you pure motives as you seek to grow *his* Kingdom, not your own.



Tuesday 7<sup>th</sup> June

### *To live is Christ*

Paul is unsure what the future holds. Will he be released, kept in prison, or executed? How would you be feeling in his position?

Read Philippians 1v18b-21

- The word 'deliverance' can also be translated 'salvation'. What is the reason for Paul's joyful attitude? (v18b-19)
- What trial does Paul seem to be anticipating? (v20)
- What is the connection between 'to live is Christ' and 'to die is gain'? (v21)

### Apply

Faced with the prospect of suffering and possible execution, Paul is not afraid – he's rejoicing.

- In what situations do you need to remember that God is working for your 'deliverance/salvation'?
- How would you complete the sentence: 'To live is...'  
...happiness? love? money? success? family?

Paul lived his life for Christ, and knew that in death, he would gain much more of Christ.

- Is there anything you are treasuring above Christ, which is preventing you from saying 'to die is gain'?

### Pray

Give thanks for the eternal hope, security and joy we have in Christ. Pray that you would treasure him above everything.

Wednesday 8<sup>th</sup> June

*Stay or go?*

Paul is having an argument with himself – would it be better to live or die?

Read Philippians 1v22-26

- Why is Paul so positive about death? (v23)

Paul has lived a long and fruitful life, but one filled with terrible pain and suffering. With each passing day his yearning to be with Christ grows.

- So why does he decide that living is better overall? (v22, 24-26)
- What does this tell us about his priorities?

Apply

- What reasons would you give for why living here on earth is preferable to being with Christ?
- What does this tell you about your priorities?

Pray

Pray that, like Paul, you would long to be with Christ, but also have such a love for others that you would put their salvation ahead of your own desire.

Thursday 9<sup>th</sup> June

*Worthy of the gospel*

Genuine faith in Christ always results in outward changes. We're not saved by what we do, but what we do is a sign that we have already been saved.

Read Philippians 1v27-30

- What 3 examples does Paul give of ways to 'live a life worthy of the gospel'? (v27b-28a)
- The Philippians' outward perseverance, unity and boldness are signs of 2 spiritual truths – what are those truths? (v28b)
- How does Paul show the Philippians that their suffering is not an indicator of defeat, but of victory? (v29-30)

Apply

Jesus suffered. Paul suffered. The Philippians suffered.

- Do we see suffering for the gospel as a privilege, or as something to be avoided at all costs?
- Across our world, the wicked are prospering and Christians are suffering and dying. How does v28 put things in perspective?

Pray

Ask God for a right attitude to suffering for the gospel – that you would not shrink from it but use it as an opportunity to live a life worthy of the gospel.

Friday 10<sup>th</sup> June

*We are one*

Paul now picks up the theme of unity from 1v27 and challenges us to apply it deeply into our lives.

Read Philippians 2v1-2

Paul lists 4 'ifs' in v1.

- Are you aware of these things in your life? Which of the 4 do you find most challenging?
- What are the 4 consequences in v2?
- Does being liked-minded and of one mind mean that we can't have different opinions?

Apply

As Christians, we share all the most important things – Christ, his love, his Spirit, and love for each other.

- How would remembering this help you when disagreements arise in church?
- Is it ever right to stick to your guns at the expense of unity? What if the 4 truths in v1 were being called into question?

Pray

Pray through v1, asking that God would make each truth sink into your heart.

Saturday 11<sup>th</sup> June

*Other people first*

These verses set out an impossible-sounding challenge. But don't be discouraged, because the passages for yesterday and tomorrow explain how it really is possible.

Read Philippians 2v3-4

- What actions might flow out of a heart motivated by selfish ambition and conceit? (v3a)
- What is the opposite of these actions? (v3b-4)
- What motives has Paul already explained for such actions? (v1-2)

Apply

- What are your motives in your interactions with other people? Is there any selfish ambition or conceit lurking? Are you more concerned with their needs, or with how impressive you look?

Paul has already shown us how our unity in Christ helps us to love and serve one another selflessly, but this isn't the only power at our disposal. Before we learn more tomorrow, why not identify someone in your life whose interests you really struggle to put above your own, someone you think you are better than.

Pray

Ask God to give you a soft, humble heart, so that you are aware of your sin and open to his offer of help to change.

Sunday 12<sup>th</sup> June

*Now that's humility!*

These are some of the most remarkable verses of the Bible. Take a deep breath!

Read Philippians 2v5-8

- How do Jesus' circumstances change over the course of these verses?
- What is Jesus' attitude towards himself?
- Verses 3-4 said to humbly value others above yourself and to put others first – where does the power to do that come from? (v5)

Apply

Jesus had always been with his Father, enjoying eternal, perfect delight and glory. Yet he willingly gave that up to become a human. And then a dead human. On a cross. Bearing our curse. He did this out love for us.

- Spend a few minutes re-reading the verses and pondering this mystery.

Jesus is infinitely better than us, infinitely more significant. Yet he put our interests above his own, going to extraordinary lengths to save us.

- How will knowing this change your attitude towards the person you were thinking of yesterday, who you struggle to put above yourself?

Pray

Give thanks for Jesus; the King who became a servant, the Creator who became a creature, the Eternal One who died so that we might live.

Monday 13<sup>th</sup> June

*Every knee shall bow*

Verse 8 tells us that Jesus was obedient to death. But that isn't the end of Jesus' story! Here's what happened next...

Read Philippians 2v8-11

- How do Jesus' circumstances change between v8 and v11?
- Verse 9 starts with a 'therefore', linking back to v8. How does this help us to understand why Jesus is to be worshipped like this?
- What do these verses mean for people who die rejecting Jesus?

Apply

- Are you ever tempted to think of Jesus only as the humbled man on the cross, and not as your Lord, the One exalted above all? Why is it important to remember both?

One day, every single person who has ever lived will acknowledge that Jesus is indeed Lord. But for many it will be too late, and he will be their Judge, not their Saviour.

- Who do you need to tell?

Pray

Ask for greater boldness to warn people of their desperate situation.

Tuesday 14<sup>th</sup> June

*Work out your own salvation?*

Having empowered us with that wonderful reminder of Jesus' humility, Paul now goes on to give us more examples of how we can live lives worthy of the gospel.

Read Philippians 2v12-13

- If we're saved by grace alone, why is Paul telling us to work out our own salvation (v12b)?
- Where does the ability to work out our salvation come from? (v13a)
- What is God's purpose as he works in us? (v13b)

Apply

God has already saved us through Jesus, but in response we are called to behave in keeping with our new status, to live out who we now are.

- Is there a particular area where you are not working out your salvation?
- As we work, God works, and he works for our good. How this encourage you?

Pray

Ask God to fulfil his good purposes in your life as you battle sin in his strength.



Wednesday 15<sup>th</sup> June

*Shining like stars*

If someone didn't know you were a Christian, could they work it out from your behaviour?

Read Philippians 2v14-18

- Grumbling and arguing are seen as normal, acceptable behaviour in our society. Why is it vital that we don't join in? (v14-15a)
- What effect will this have on the world around us? (v15b)
- Paul values the Philippians' perseverance in the gospel above his own life (v17-18). Why? (v16b)

Apply

- In what situations do you get sucked into grumbling and arguing? How does this passage help you to fight against this?
- How much do you care about the spiritual health of other Christians? Do you rejoice like Paul when you see them bearing fruit? Who could you encourage today?

Pray

Give thanks for the opportunity we have to shine for Christ. Ask that you would do this faithfully in your everyday life.

Thursday 16<sup>th</sup> June

*In the interests of... Christ!*

Paul now gives us another practical lesson, this time an example of what it means to imitate Jesus' selfless humility.

Read Philippians 2v19-24

Timothy had been a huge help and encouragement to Paul during his imprisonment.

- Why does Paul want to send him to the Philippians? (v19)  
What does this reveal about Paul's priorities?
- What does Paul say is good about Timothy? (v20-22)  
(Timothy is a good example of what we saw in 2v3-4 – humbly valuing others above himself)
- Where does Paul's confidence lie as he makes plans to send Timothy to the Philippians? (v19, v24)

Apply

- How does v21 challenge you?
- We make plans all the time, some big, some small. Do you, like Paul, habitually rely on God as you do this?

Pray

Ask for grace to seek Christ's interests above your own.

Friday 17<sup>th</sup> June

*How far will you go?*

Today's passage gives us yet another example of what it looks like to put Christ and others above self.

Read Philippians 2v25-30

- Why had the Philippians sent Epaphroditus to Paul? (v25, 30)
- Why is Paul now sending him back? (v26-28)
- Why do you think Paul needs to tell the Philippians to welcome Epaphroditus joyfully? (v29)

Apply

It's possible that the Philippians felt embarrassed that the man they'd sent to help Paul had actually proved to be a burden to him. But Paul doesn't see it that way. He sees the spiritual fruit which Epaphroditus' illness has produced (v29-30).

- How would challenging situations be different if you saw them as opportunities to grow spiritual fruit?
- Epaphroditus went above and beyond in his service of God and others. What about you? Do you stay in your comfort-zone, only helping when it's convenient?

Pray

Ask for help to grow through difficulties and prioritise the needs of others.

Saturday 18<sup>th</sup> June

*Beware the dogs!*

There were false teachers lurking in Philippi, trying to persuade Christians that they needed to follow the Jewish law, for example becoming circumcised, in addition to trusting Christ...

Read Philippians 3v1-3

- How does Paul feel about these false teachers? (v2)
- What 4 truths about being a Christian does Paul point out in v3?
- How do these explain why trusting in our own law-keeping is incompatible with saving faith in Jesus? (Clue: 'the circumcision' means God's people, and 'boasting in Christ Jesus' means trusting him alone.)
- How is 'boasting in Christ Jesus' the complete opposite of 'putting confidence in the flesh'?

Apply

When we add anything at all to our faith in Jesus, it stops being true faith, because we're trusting something else instead, and saying that Jesus isn't enough. If Jesus = salvation, then Jesus + anything = 0.

- What are you tempted to trust alongside Jesus? Your goodness, reputation, church-attendance, Bible-reading, even spiritual experiences?
- We 'serve God by his Spirit' – how does this help us to have the right attitude as we do 'good' things? Where does the ability come from?

Pray

Ask God to expose any areas where you are failing to trust Christ completely, and to give you a bigger view of Jesus.

Sunday 19<sup>th</sup> June

*Confidence in the flesh?*

Paul now gives us some stark examples of the difference Christ has made in his life. First, we get an insight into Paul as he was before he knew Jesus.

Read Philippians 3v3-6

- As far as Jewish law-keeping goes, how well did pre-Christian Paul think he was doing?
- Why do you think Paul lists all these things here? Why is it not boasting?
- Why do you think he mentions 'persecuting the church' in his list?

Apply

- If you were to make a list like Paul, what would be on it? What do you consider to be your greatest achievements? How do you feel as you think about them?
- Spend some time really thinking about where your confidence, security, joy, and peace lie. Is it in Christ?

Pray

Ask for wisdom to pinpoint specific areas where you are putting your confidence 'in the flesh'.

Monday 20<sup>th</sup> June

*Gain Christ, lose everything else*

When Paul met Jesus on the road to Damascus, everything changed. He realised that all his impressive religious credentials couldn't save him.

Read Philippians 3v7-8

- Paul has just been listing all the things he used to think would impress God. How does Paul now view the list he was once so proud of?
- Paul's language is startling – all of the things he was once trusting, he now considers 'dung' – they are nothing to him. Why is this so essential (see end of v8)?

Paul recognised that in order to gain Christ, it is necessary to lose everything else – to stop trusting ourselves or anything else for salvation, and transfer all hope to Christ.

- Why do we find this so difficult?

Apply

- Do you agree with Paul, that knowing Christ is of unsurpassable worth? Does your heart sing as you read these verses? Or are you still clinging on to confidence in things you do?

Pray

Spend some time prayerfully reflecting on these verses, even (and especially!) if you find them uncomfortable. Ask that you would consider everything a loss because of the surpassing worth of knowing Christ Jesus your Lord.

Tuesday 21<sup>st</sup> June

*True righteousness*

This one little verse hits the heart of the gospel.

Read Philippians 3v9

- What is righteousness? Why will trusting in our own righteousness not save us?
- Where does true righteousness come from? How do we get it? Who gets the credit for our righteousness?
- The verse begins "*be found in him*". How does this explain how God sees us as righteous?

Apply

The only way to be made right with God is by trusting that Jesus takes away our sins through his death, and in return gives us his own righteousness. It's outrageous grace. We do nothing, he does everything.

- How does this make you feel? Grateful? Or does your pride rile against it? What do you need to remember?
- Do you ever worry that your faith isn't strong enough or good enough to save you? Don't fall into the trap of making faith itself a work of your own righteousness. How does this verse encourage you?

Pray

Give thanks for God's remarkable gifts of faith, righteousness, and salvation. Ask for a humble heart which gratefully accepts these gifts.

Wednesday 22<sup>nd</sup> June

*To know Christ*

What would you say is the greatest benefit of believing the gospel?  
Here's what Paul thought...

Read Philippians 3v10-11

- What is the deepest desire of Paul's heart?
- How can it be achieved?
- What is the end goal of these endeavours? (v11)

Apply

Paul longs to know Christ as deeply as possible, and to become as like him as possible. This means rejecting sin every day because Jesus has broken its power through his death and resurrection. And it means being willing to suffer like Jesus for the sake of the gospel.

- How do Paul's desires compare to yours?
- How can you get to know Christ more deeply?

Pray

Ask that Jesus would be your treasure, and that you would know him more and become more like him day by day.



Thursday 23<sup>rd</sup> June

*Press on!*

It's really not easy being a Christian. How can we keep going?

Read Philippians 3v12-14

- What is it that Paul has not yet 'taken hold of'? (v10-11, 14)
- What two things help Paul to keep going until he gets there? (v12b, 13b)
- Paul is 'straining' and 'pressing on' – what does this tell us about his attitude?

Apply

The Christian life can be a frustrating mixture of 'now' and 'not yet', as we press on to become more like Jesus and long for the day when we will at last be made perfect.

- Do you share Paul's focus, faith, and determination? Why/why not?
- How does v13b apply to you? Are there sins in your past for which you struggle to accept God's forgiveness? Remember 3v6 – Paul understood! How does remembering that Christ has already taken hold of you help? (v12b)

Pray

Ask that God would give you an eternal perspective, so that neither suffering nor blessing would pull you off course. Thank him that you are eternally safe in Christ.

Friday 24<sup>th</sup> June

*Mind who you follow!*

Yesterday, Paul was encouraging the Philippians to persevere. Today, he's pointing them to the power of good examples.

Read Philippians 3v15-21

- What should the Philippians do when they're unsure about right and wrong? (v15-17)
- Enemies of Christ are all over the place, setting dangerous bad examples. How can they be recognised? (v19)
- How do v20-21 show that being a Christian is a better choice in every way? (Look for the opposites of the 4 things mentioned in v19.)

Apply

- Who are you most influenced by? How enables you to spend time with non-Christians without being dragged into their mindset?

Spend some time reflecting on the glorious truths of v20-21, asking that they would become more real in your life.

Pray

Give thanks for the godly men and women how have set you good examples. Pray that you would be a good example to others.

Saturday 25<sup>th</sup> June

*When Christians clash*

As Paul nears the end of his letter, he applies the great truths of the previous 3 chapters in really practical ways.

Read Philippians 4v1-3 (and 2v1-4)

- How is v1 a good summary of what Paul has said so far in his letter?
- What seems to be the problem in v2?
- Why is important that these women are reconciled? (v3) (Look back to 2v1-4 – how would this have helped them?)

Apply

- Are there times when you fall out with other Christians? No matter who is right or wrong, how can you take steps towards reconciliation? What truths do you need to remember?
- How do you react when you see Christians arguing? How could you help them?

Pray

Ask for the wisdom, humility and self-control to deal well with conflict.

Sunday 26<sup>th</sup> June

*Anxious?*

Here we have some of the most famous, most encouraging words Paul ever wrote.

Read Philippians 4v4-7

- How is it possible to be joyful even when, like the Philippians, we are suffering? What is the source of the Philippians' joy? (v4) (Can you think of anything else in Philippians which helps us to be joyful 'always'?)
- How are we to respond to the troubles of life? (v6)
- What will be the result? (v7)

Apply

- We have so much to be joyful for, whatever our earthly circumstances, because of Jesus. Why not pick a joy-inspiring verse of Philippians and memorise it?
- What are you anxious about? Prayer and thanksgiving take the focus off ourselves and remind us that it is God who is in control, God who has given us everything we need, and God who will continue to care for us. How will this help you to give up your anxieties to him each day?

Pray

Spend some time taking your anxieties to God and asking for his joy and peace.

Monday 27<sup>th</sup> June

*What are you thinking?*

Paul reminds the Philippians that godliness begins in the mind.

Read Philippians 4v8-9

- Why is what we think about so important? How does it affect our feelings, our behaviour, and our relationship with God?
- What kind of behaviour would flow out from a thought-life like the one in v8?
- What are the opposites of the 8 things Paul lists in v8? What kind of behaviour do these things lead to?

Apply

- Take a thought-inventory. Is there anything in your thoughts that you would be ashamed to let others see? What effect is it having on your relationships with God and others?
- What lies beneath your wrong thoughts? Are there any idols lurking, or areas where you are not trusting God?

Pray

Ask God to forgive your wrong thoughts, and give you the wisdom, grace and power to replace them with his truth.

Tuesday 28<sup>th</sup> June

*The secret of contentment is...*

Roman prisons weren't like prisons today. Paul knew all too well what it was like to be cold, hungry, and rejected.

Read Philippians 4v10-13

- What gives Paul cause for rejoicing in v10? (See also 2v25, 30.)

But as we'll see tomorrow, Paul's joy here isn't based on the material comforts the Philippians have supplied.

- What is his attitude towards his material, external circumstances? (v11-12)
- What is the secret of contentment? Does Paul give a full answer here? (v13) (If you like you can answer this question from the rest of Philippians see 1v6, 1v21, 3v8-9, 3v20-21, 4v4.)

Apply

- What causes you to be discontented? Remember that God knows, and cares. Take it to him and ask for strength to keep trusting his goodness.
- How will knowing what Jesus has done for you, and the future he has in store for you, give you the right perspective?

Pray

Ask for contentment, which is rooted in Christ rather than in the changeable circumstances of this life.

Wednesday 29<sup>th</sup> June

*Sacrificial giving*

Today we'll see Paul's surprising response to the Philippians' gifts.

Read Philippians 4v14-18

- What have the Philippians done, both in the past and now? (v14-16, 18)
- What is the main reason for Paul's joy at the Philippians' generosity? (v17)
- How does God view the Philippians' gifts? (v18)

Apply

- Are you giving to the work of the gospel like the Philippians? Either financially, or in giving time and service like Epaphroditus?

It's not wrong to be grateful for a gift, but Paul is most grateful for what it shows about the Philippians' faith.

- What does your giving reveal about your faith? Is it sacrificial, a 'fragrant offering' which pleases God? Or do you do it grudgingly, or to impress people?

Pray

Ask for a humble, generous, servant heart, which delights to give back to God out of what he has already given you.

Thursday 30<sup>th</sup> June

*What do you need?*

Yesterday we saw how God wants us to give. Today we're reminded how he gives to us!

Read Philippians 4v19-23

- What is the promise in v19a?
- Is God ever reluctant or stingy in meeting our needs? (v19b)
- Does this mean that God will always give us what we *think* we need?

Apply

God is our all-wise, loving Father. We can be like children, thinking we need sweets for every meal, when our Father knows we need protein and complex carbohydrates and vitamins.

- Have you ever prayed earnestly for something you thought you needed, only for God to give you something different, which was what you actually needed? How does this encourage you to trust him?

Our souls are the only thing we have which will last forever. And so what we need more than anything is Jesus – to know him and trust him. This is God's top priority for us.

- Spend some time flicking back through Philippians. What have you learnt about Jesus? How has it deepened your relationship with him? How has it challenged you to be more like him?

Pray

Ask God to help you to remember and put into practice what you have learnt in Philippians. Pray for an eternal perspective on life, where your priorities match God's priorities.