



## Week 1 email - Philippians chapter 1

### PHILIPPIANS 5 WEEK study

#### Subject:

Welcome to wk #1 - Philippians chapter 1

**Welcome to our Shadow Mountain Women's 5-week Philippians study!** I am SO looking forward to meeting with you as we journey through this amazing book of the Bible. **This email covers all the information to get you started in this study.**

I totally love doing a meditation study, meaning we will be soaking in the Word, one chapter a week. The study format is to read and/or listen to the chapter every day and if possible, in different versions. I will send a weekly email 5 or 6 days before we meet to encourage and give basic building blocks and tips for each chapter.

This email is kind of long, so be sure to carefully read it over. **As we begin, here are 5 important things I want to share with you:**

1. [Welcome video from Debby](#) 4 minutes (Just me and my phone, but from my heart!)
2. **ATTACHED:** Fall 2020 Philippians 5 wks, schedule, description  
**I recommend printing this attachment because it includes the schedule and study guide.**
3. **Below** "Building Blocks & Tips": I will include these for each chapter in my weekly email.

#### PHILIPPIANS CHAPTER 1

##### **BUILDING BLOCKS**

1. This book is a letter written by the Apostle Paul to the church in Philippi, which was a Roman colony.
2. Paul wrote this while in prison in Rome, hard to believe since this letter is so upbeat and encouraging.
3. "Saints" refers to all those who are followers of Christ, having a personal relationship with Him, past, present, and future. (Philippians 1:1 NKJV, NIV)

##### **TIPS**

1. Although chapter subtitles are not part of the Scriptures, they can be a helpful tool navigating the chapter.
2. Paul had a very personal and tender love for this church in Phillipi. Observe the different people and groups he included in this chapter.
3. Key words include grace, gospel, prayer, love, courage. What other key words and phrases do you see?

After you have gone through the above list of 5 things, remember:

- If you can, **print the schedule and description**, which includes the **study guide** (attached).
- Spend time reviewing and using the **study guide** as you daily read and listen to Philippians chapter one, making notes of the things you observe and learn.
- Your reading, notes and use of the study guide will prepare you for discussion time in our Zoom group.

Girls take this one day at a time as you soak in the Scriptures for the purpose of daily meditating on God's Word. And remember, I will send you a reminder email the day before we meet, which will include the Zoom meeting link. We are totally going to get into Philippians chapter 1! 😊

With Love Because of the Word,

**Debby**

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