



## **WEEK 4 PHILIPPIANS STUDY EMAIL**

Need encouragement? Meditating on the book of Philippians is just what we need. I can't wait to dive into Philippians chapter 4 with you!

### **WHY? Because this last chapter of Philippians is life changing!**

Since this study is a meditation study, soaking in the chapter every day, the resources below can enrich your reading and listening.

[Philippians ch. 4 - Deb Talk](#) Video - 3 minutes, 45 seconds

[Philippians video](#) from "The Bible Project" - 9 minutes, 13 seconds

[Philippians ch. 4 - AMP version](#) - reading from the Amplified Version

### **BUILDING BLOCKS - Philippians chapter 4**

1. **Remember** a major theme of this book is joy, no matter one's circumstances.
2. **Despite** Paul's imprisonment, threats on his life, and constant problems, Paul is a living testimony of how he was able to maintain joy through Christ with an amazing result: genuine contentment.
3. **Paul has a personal connection** with the people he ministered to. He opens this chapter with terms of endearment for the believers, calls out a few people by name, and even references those he's ministered to in Rome, Caesar's household.

### **TIPS - Philippians chapter 4**

1. **Verse one** opens with "therefore", referring to the end of chapter 3, our citizenship in heaven. Then in verses 4-7 Paul says rejoice about everything and be anxious for nothing. Both sections are powerful messaging for what Paul described in verse 2, speaking out about two disagreeable women.
2. **This chapter** includes some of the most powerful directives for growing in Christ. Be sure to mark and or write down these powerful passages. One example is in verse 4, "rejoice in the Lord always and again I say rejoice."
3. **Observe / list** these repeating phrases: "in the Lord", "in Christ", "through Christ", "by Christ". Note all the different instructions and perspectives we are to have. HOW? Through Christ!

**As I seek to “rejoice in the Lord always”** (Philippians 4:4) remember being “in church” is a reason to rejoice. Here at Shadow Mountain Pastor’s Jeremiah’s teaching helps us get through these challenging days. (Worship service details: [www.shadowmountain.org](http://www.shadowmountain.org))

With Love your Sister in Christ,

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