

Paul's Letter to the

Philippians

WEEK 1
CHAPTER 1

Weekly Memory Verse:

- FOR CHILDREN: Philippians 1:27a, "Be sure that you live in a way that brings honor to the Good News of Christ" (ICB)
- FOR TEENS/ADULTS: Philippians 1:27a, "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ." (NIV)

Daily Opening Prayer Exercise:

Each day, before you do your Daily Reading, set a timer for 3 to 5 minutes and sit before the Lord in silence. One way to keep your mind from wandering and to relax your body is to do a breathing exercise. Simply breathe in your nose for five seconds, exhale through your mouth for 5 seconds. Then hold your breath again for 5 seconds. As you breathe in and out, remind yourself of the privilege and power that comes from being in God's presence. Do this until the timer goes off. Families with small children can simply ask them to think about who God is (examples include that He is: strong, with us, loving, smart) and take a deep breath together, exhale together, and do this 4 or 5 times before moving on to the Scripture reading. Depending on the children's age, silence may be optional!

Daily Bible Study Questions:

Now pray that the Spirit of God would help you focus on the Scripture reading and to what He wants to say to you today. Then read the selected passage for the day and answer the following questions:

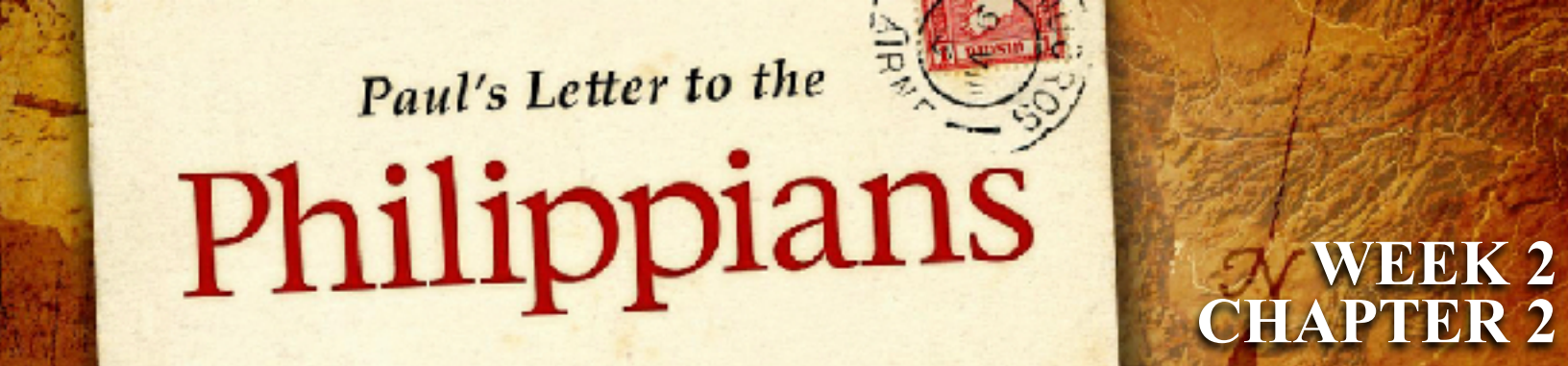
1. *What was your favorite verse in this reading or what stood out to you in the passage?*
2. *What did you learn about God, people and/or yourself from this passage?*
3. *How can you apply what you have learned from the passage?*

Daily Reading Plan:

- Thursday, April 30 -- Philippians 1:1-6
- Friday, May 1 -- Philippians 1:7-11
- Saturday, May 2 -- Philippians 1:12-14
- Sunday, May 3 -- Philippians 1:15-18
- Monday, May 4 -- Philippians 1:19-30
- Tuesday, May 5 -- Philippians 1:1-30
- Wednesday, May 6 -- Catch up on any readings you may have missed and tune in for the [Facebook Live](#) chat at 6:30 p.m.!

Daily Closing Prayer Exercise:

Lastly, take a moment to work through the A.C.T.S. prayer. Begin with the things you ADORE about Him (His creativity, unfailing love, saving works, etc.). Then, CONFESS any sins that the Spirit has made you aware of. Next, THANK God for the specific blessings He has given you. Close by asking God to SUPPLY what you need.



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WEEK 2
CHAPTER 2

Weekly Memory Verse:

- FOR CHILDREN: Philippians 2:3, "When you do things, do not let selfishness or pride be your guide. Be humble and give more honor to others than yourselves." (ICB)
- FOR TEENS/ADULTS: Philippians 2:3, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves," (NIV)

Daily Opening Prayer Exercise:

Each day, before you do your Daily Reading, set a timer for 3 to 5 minutes and sit before the Lord in silence. One way to keep your mind from wandering and to relax your body is to do a breathing exercise. For a couple minutes focus on breathing IN and think about all the blessings God has brought into your life. For another couple if minutes, focus on breathing OUT and think about letting go of all the things that are weighing heavy on your heart. Families with small children can shorten the time frame by focusing on breathing in three times and thinking about things they are thankful to God for and then focus on breathing out three times and think about three things they are worried about. Depending on the children's age, silence may be optional!

Daily Bible Study Questions:

Now pray that the Spirit of God would help you focus on the Scripture reading and to what He wants to say to you today. Then read the selected passage for the day and answer the following questions:

1. *What was your favorite verse in this reading or what stood out to you in the passage?*
2. *What did you learn about God, people and/or yourself from this passage?*
3. *How can you apply what you have learned from the passage?*

Daily Reading Plan:

- Thursday, May 7 -- Philippians 2:1-4
- Friday, May 8 -- Philippians 2:5-11
- Saturday, May 9 -- Philippians 2:12-13
- Sunday, May 10 -- Philippians 2:14-18
- Monday, May 11 -- Philippians 2:19-30
- Tuesday, May 12 -- Philippians 2:1-30
- Wednesday, May 13 -- Catch up on any readings you may have missed and tune in for the [Facebook Live](#) chat at 6:30 p.m.!

Daily Closing Prayer Exercise:

Lastly, recite the Lord's Prayer in Matthew 6:9-13. You can focus on one idea from the prayer each day. Consider the following breakdown: 1.) Our Father in Heaven, we pray that your name will always be kept holy. 2.) We pray that your kingdom will come. We pray that what you want will be done, here on earth as it is in Heaven. 3.) Give us the food we need for each day. 4.) Forgive the sins we have done, just as we forgive those who did wrong to us. 5.) And do not cause us to be tested; 6.) but save us from the Evil One. 7.) The kingdom, the power, and the glory are yours forever. Amen.

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WEEK 3
CHAPTER 3

Weekly Memory Verse:

- FOR CHILDREN: Philippians 3:14, "I keep trying to reach the goal and get the prize. That prize is mine because God called me through Christ to the life above." (ICB)
- FOR TEENS/ADULTS: Philippians 3:14, "I press on toward the goal to win the prize for which God has called me heavenward Christ Jesus." (NIV)

Daily Opening Prayer Exercise:

Each day, before you do your Daily Reading, set a timer for 3 to 5 minutes and sit before the Lord in silence. One way to keep your mind from wandering and to relax your body is to do a breathing exercise. As you breath in and out slowly and deeply, repeat the "Jesus Prayer," taken from Luke 18:13, "Lord Jesus Christ, Son of God, have mercy on me a sinner" until the timer runs out. Families with small children could simply repeat the prayer three to five times rather than three to five minutes. Depending on the children's age, silence may be optional!

Daily Bible Study Questions:

Now pray that the Spirit of God would help you focus on the Scripture reading and to what He wants to say to you today. Then read the selected passage for the day and answer the following questions:

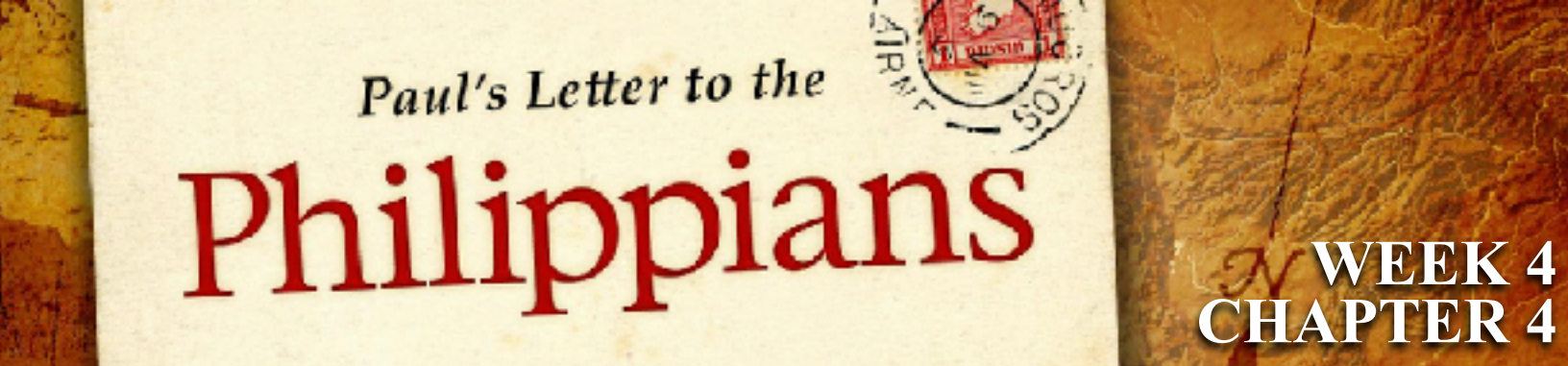
1. *What was your favorite verse in this reading or what stood out to you in the passage?*
2. *What did you learn about God, people and/or yourself from this passage?*
3. *How can you apply what you have learned from the passage?*

Daily Reading Plan:

- Thursday, May 14 -- Philippians 3:1-4
- Friday, May 15 -- Philippians 3:5-11
- Saturday, May 16 -- Philippians 3:12-14
- Sunday, May 17 -- Philippians 3:15-19
- Monday, May 18 -- Philippians 3:20-21
- Tuesday, May 19 -- Philippians 3:1-21
- Wednesday, May 20 -- Catch up on any readings you may have missed and tune in for the [Facebook Live](#) chat at 6:30 p.m.!

Daily Closing Prayer Exercise:

Lastly, close with the P.A.P.A. prayer. First, **PRESENT** yourself to God as you truly are, letting God know what is on your mind and what is weighing heavy on your heart. Then give **ATTENTION** to how you are thinking of God (are you thinking of Him as distant and unconcerned with your life, as a heavenly vending machine from which you are hoping to receive exactly what you want, etc.). Now, **PUT** away anything that might be getting in the way of you and God (selfishness, unforgiveness, anxious thoughts, etc.). Finally, **APPROACH** God as the first and most important thing in your life.



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WEEK 4
CHAPTER 4

Weekly Memory Verse:

- FOR CHILDREN: Philippians 4:13, "I can do all things through Christ because He gives me strength." (ICB)
- FOR TEENS/ADULTS: Philippians 4:13, "I can do all this through him who gives me strength." (NIV)

Daily Opening Prayer Exercise:

Each day, before you do your Daily Reading, set a timer for 3 to 5 minutes and sit before the Lord in silence. One way to keep your mind from wandering and to relax your body is to do a breathing exercise. For this final week we will try "centering prayer" where we focus on one word that reminds us of God (grace, redemption, love, etc.). Repeat the word over and over again, while breathing deeply, until the timer runs out. Families with small children can adapt by shortening the time frame to one or two minutes. Depending on the children's age, silence may be optional!

Daily Bible Study Questions:

Now pray that the Spirit of God would help you focus on the Scripture reading and to what He wants to say to you today. Then read the selected passage for the day and answer the following questions:

1. *What was your favorite verse in this reading or what stood out to you in the passage?*
2. *What did you learn about God, people and/or yourself from this passage?*
3. *How can you apply what you have learned from the passage?*

Daily Reading Plan:

- Thursday, May 21 -- Philippians 4:1-5
- Friday, May 22 -- Philippians 4:6-7
- Saturday, May 23 -- Philippians 4:8-9
- Sunday, May 24 -- Philippians 4:10-13
- Monday, May 25 -- Philippians 4:14-23
- Tuesday, May 26 -- Philippians 4:1-23
- Wednesday, May 27 -- Catch up on any readings you may have missed and tune in for the [Facebook Live](#) chat at 6:30 p.m.!

Daily Closing Prayer Exercise:

Lastly, close with the "hand" prayer. Begin by getting yourself in a comfortable position with your hands placed palm down on your knees. As you take a few deep breaths say a prayer of release to God, letting go of anything that is putting distance between you and Him. Then turn your palms up and offer a prayer of reception where you receive the promises of God found in His word (consider 2 Corinthians 9:8, Philippians 4:19, Isaiah 64:4, Romans 8:32, Isaiah 41:10, Psalm 25:8-9, Romans 14:8, Hebrews 13:5). Close with raising your hands in thanksgiving, giving gratitude to Him who has given us so many good things.