

## The Book of Philippians

# 5

## Morning Devotions

In your devotions this morning, read **Psalm 56** and note how this psalm is quoted in the New Testament (read **Hebrews 13:5**). As you read the psalm, talk to the Lord about the content of this psalm. When you have finished, go back and choose one or two verses and meditate prayerfully on them.

## Morning Study

This morning we are going to look at the fourth section of Philippians— **Chapter 4** (from **verse 2**). This section divides again into three subsections with the final greetings at the end. Read each subsection separately, answering for yourself the questions associated with them. Type out your answers or jot them down on a piece of paper and file your answers with your morning study.

### Read Philippians 4:2-5

- Two women of Philippi, counted as co-workers with Paul, were at contention with one another (**4:2**). Where does Paul say their agreement lies?
- In **4:3**, where does Paul say is the right place for contention to be directed?
- In **4:4-5**, Paul exhorts them about three things that will keep them in right attitudes and relationships together. What are these three things?

### Read Philippians 4:6-9

- In **4:6-7**, what does Paul say will guard your heart and mind? Why do you think he says it “transcends all understanding?”
- List the eight characteristics Paul says are the only thing worthy of the focus of your mind (**4:8**).
- What is the answer to anxiety? (**4:6-7**).

### Read Philippians 4:10-20

- What does Paul mean when he says, “I can do everything through him who gives me strength”? (read **4:10-13**).
- In **4:10-12**, what was the big secret in life Paul had learnt?
- Why will God “meet all your needs”? (**4:14-19**).

# MEMORY VERSE

I can do everything through him who  
gives me strength.

Philippians 4:13

Here are a few suggestions that may help you to memorize your memory verse:

- ➡ Ask the Lord to help you remember his Word (see [John 14:26](#)).
- ➡ Use the version of the Bible you are most familiar with. What you normally read in your Bible is what you need to be memorizing.
- ➡ Don't just memorize the contents of the verse; memorize its "address" (the verse reference) as well. You can do this by following this pattern: Step 1: **reference**; Step 2: **verse content**; Step 3: **reference**. Then repeat steps 1-3. Note that you are quoting the reference twice as many times as you quote the actual verse content. This gives the verse a clear "reference tag."
- ➡ After you have read your memory verse out aloud several times, try going through your memory verse *without* reading your computer screen.
- ➡ Look up your memory verse in your Bible. Look at its immediate context and read the verses that come before and after your memory verse.
- ➡ Print out your memory verse or jot it down on a piece of paper. Take this paper with you when you go to work or do other daily activities. Meditate on the meaning of the verse throughout the day.
- ➡ During your noon appointment with the Lord, take out your memory verse and go over it again. Talk to the Lord about what this verse means to you personally.
- ➡ In the evening (at either your evening study or your evening devotions), see if you can quote your memory verse from memory. Then, without looking at the memory verse itself, see if you can find it in your Bible.
- ➡ The next day, before you begin committing a new verse to memory, rehearse your previous day's memory verse and see if you can remember it (without cheating!).
- ➡ Finally, at the end of the week (possibly on the Sunday), collect all your week's memory verses, rehearse them and see if you can recall them without reading them. Spend a little extra time on any verses you have difficulty recalling.
- ➡ Remember: Don't just memorize a verse. Put it into practice ([James 1:22](#)). It is not being able to quote a verse from memory that counts. It is His Word *abiding* in your heart that counts ([John 15:7](#)). When you actually apply a verse consistently to your daily life, that is when you *truly* know that verse!