



## 10-Minute Bible Lesson

### *A Hodgepodge of Encouragement*

### Philippians 4:1-9

**Before watching the video:** What do you already know about Paul's letter to the Philippians? What verses or passages from it might you know already? What are you most curious about regarding this letter?

**Now read the passage twice.** Take time to notice every sentence and phrase. What stands out to you?

<sup>4</sup>Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. <sup>2</sup>I urge Euodia and I urge Syntyche to be of the same mind in the Lord. <sup>3</sup>Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life. <sup>4</sup>Rejoice in the Lord always; again I will say, Rejoice. <sup>5</sup>Let your gentleness be known to everyone. The Lord is near. <sup>6</sup>Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. <sup>9</sup>Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. –

#### ***Philippians 4:1-9***

**After watching the video:** Paul first encourages the Philippians to look after two of his companions. Can you name a time a church or faith community has looked after you or a loved one in some way?

Paul then encourages them to rejoice in God always. What does this mean to you? What does keeping a deeper joy than just surface happiness look like in your life?

Paul's final encouragement in this passage is to keep thinking and doing things that are good, positive, uplifting, and life-giving. What is something you can do this next week in that spirit?

**Conclude in prayer.** Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with "amen."