

# MINDSET

Having the Same Attitude as Jesus

---

*A six-week study in Philippians*

## STUDY GUIDE

COLLEGE PARK  
women's

© 2021 College Park Church Women's Ministry

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible: English Standard Version. Wheaton, IL: Crossway Bibles, 2001, Print.

# MINDSET

## Having the Same Attitude as Jesus

*A six-week study in Philippians*

---

### Week One

*His Good Work*

Philippians 1:1-11

3

### Week Two

*An Attitude of Gratitude*

Philippians 1:12-30

5

### Week Three

*Unity through Humility*

Philippians 2

19

### Week Four

*Passionate Pursuit of Christ*

Philippians 3

31

### Week Five

*Purposeful Thoughts*

Philippians 4:1-9

41

### Week Six

*Secret of Contentment*

Philippians 4:10-23

52

### Philippians Scripture

64

### Resources

71



# MINDSET

Having the Same Attitude as Jesus

## Week One

*His Good Work* - **Philippians 1:1-11**

Welcome! We are so glad you are joining us for this six-week study of the book of Philippians!

What does it mean to have a mindset, an attitude, a framework for seeing the world? We all have one, but does the way we think and perceive the world around us reflect our past experiences and selfish desires? Or is it becoming more and more like that of Christ? Do you have “the same mindset as Christ Jesus” (Philippians 2:5, NIV), or are you in a rut when it comes to how you view others and the world?

During the next six weeks, we will explore the pages of Philippians to discover the elements that make up the mindset of Jesus—elements that are ours to grasp as we grow in our relationship with him.

As you begin this study, here are a few things to keep in mind:

- Begin your time in **prayer**. Ask God, through his Holy Spirit, to open your eyes to the truths found in Scripture, to give you insight into his character, and to help you see application to your **life**.
- Each week you will find five days of individual study, with our class happening on the sixth day, leaving the seventh day of the week for rest and reflection. We designed it this way to encourage you to **spend time in the Word daily** and allow Scripture to saturate your week in preparation for the class time.
- Each week’s study will focus on a portion of the book of Philippians. Please read this selection before answering the questions, using the **Philippians Scripture** provided at the end of the study. You will be asked to make marks in the text. As you use colored pens or pencils to make note of patterns and repetitions, the Scripture will come alive visually.
- We will be **memorizing Philippians 2:1-11** together. We will start with a small portion and add to it each week. Memorizing a passage of Scripture can be a real joy as the Word is woven into your heart. Take time each day to learn and review the passage presented in each lesson.
- Occasionally, you may be asked to look something up in a dictionary or on the internet. (Phone apps are handy tools!) Otherwise, wait to do further study in commentaries or study notes until after our class discussion and teaching. The weekly Discussion Group time is designed for you and others in your group to share what you’ve learned in your study, with the guidance of the Holy Spirit.

May God bless your study of his Word!

# Week One

## TEACHING NOTES

[illegible]

**Week Two**  
*An Attitude of Gratitude - Philippians 1:12-30*

**MEMORY PASSAGE: Philippians 2:1-2**

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

**DAY ONE - Review of His Good Work (Philippians 1:1-11)**

Write out your memory verses for the week:

1. Look over your notes from last week. Share one or two main takeaways from the teaching.

2. Using the Philippians Scripture printed at the end of this study, read the four chapters of the book of Philippians. Look for repeated words and phrases. Then, using colored pens or pencils, make note of the following words: mind(s), know, knowing, knowledge, think, learn(ed).

3. For more background on the church at Philippi and Paul's relationship with the Philippians, read **Acts 16:11-40**. Note: the "we" in **verse 11** refers to Paul and his companions: Silas, Timothy, and Luke. Briefly summarize the events of Paul's time in Philippi.

4. Each week we will end our study of that week's passage with the question that follows. You will be asked to list the commands and principles found in the passage that are elements of a Christlike mindset.

Although commands may be easier to see ("Let your manner of life be worthy of the gospel" or "Rejoice always"), the implied principles may take some more thought. Think of a principle (for the purpose of this exercise) as a truth that can be applied to shape your thought-life and outlook on life.

Allow the truths that you accumulate to start shaping your own mindset, so that by the power of the Holy Spirit, your inner thoughts begin to more closely imitate the attitude of Jesus. This first week is done for you, but feel free to add anything else you glean from the passage.

Question: What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 1:1-11**

Command(s)	There are no commands in this passage
Principle(s)	1:6 - Christ is working in me to conform me to his image. It is a work that once begun, he will complete.  1:9 - Our love can grow as well as our knowledge and discernment so that we are able to recognize what is genuine and what is excellent.



## DAY TWO - *An Attitude of Gratitude* (Philippians 1:12-30)

Write out your memory verses for the week:

5. Using the Philippians Scripture in the back, read this week's passage once through. From **verses 12-13**, where is Paul as he writes this letter?

Now read the passage again and, using colored pens or pencils, underline every word or phrase that illustrates Paul's attitude or frame of mind. Then, using your observations, complete the table below:

Passage	Words or phrases in the text that illustrate Paul's attitude or frame of mind	What evidence do you see in the text that points to WHY Paul has this attitude?
1:12-14		
1:15-18a		
1:18b-20		
1:21-26		
1:27-30		

6. In **verse 12**, Paul mentions “what has happened to me.” He does not describe it here because he assumes that the readers in Philippi already know. From your knowledge of the life of Paul, what are some of the things that have happened to him? List at least four of them using **Philippians 1:16** and **2 Corinthians 11:23-28** as well as any other events you may recall.

7. Several times in Paul’s ministry, he strongly condemned false prophets who preached a false gospel (see **Galatians 1:8-9** and **2 Corinthians 11:4, 13-15**). The fact that he does not do that in **Philippians 1:15** reveals that indeed the gospel of Jesus was being preached, albeit with bad motives. Paul was not allowing false teaching to continue.

The term “envy” in **1:15** is the same word used in **Matthew 27:18** to refer to the jealousy the Pharisees had against Jesus when they demanded his crucifixion. The term “rivalry” can also be translated to quarrelling, strife, and contention. Describe the problem going on in **Philippians 1:15**.

8. When you think of an optimistic or happy person, what characteristics normally come to mind? Does Paul, with his experiences and lifestyle, fit within your normal understanding of optimism? What makes Paul’s positive attitude different from a secular view of optimism or positive thinking? Use evidence from the text to support your answer.

9. How does your attitude and mindset make a difference in your day-to-day life? Give an example.

10. How can you apply the truths about Paul's attitude to your life?

### DAY THREE - *An Attitude of Gratitude* (Philippians 1:12-30)

Write out your memory verses for the week:

11. Write out **Philippians 1:21** and then restate it in your own words.

Now, let's consider each "half" of this verse individually. We will study the first half today and complete our study of the verse tomorrow.

**"For to me, to live is Christ"**

12. In each of the following verses, what is the connection between physical living on earth and Christ?

**Philippians 1:27-2:2**

**1 Corinthians 6:19-20**

**2 Corinthians 5:17**

**Galatians 2:20**

**Philippians 3:10**

13. Paul could have used the phrase “is glorifying Christ” or “is advancing the cause of Christ” in **verse 21**, but he chose his words specifically. Why did Paul use the words “is Christ”?

14. In Ancient Rome, there was an engraving that said “hunting, bathing, gaming, laughing – that’s living.” How did Paul’s view differ from the Roman culture around him? Explain using evidence from Scripture.

15. Describe American culture’s view of a good life.

16. Describe your view of a good life or “really living.”

17. Can you state with Paul that “for me to live is Christ”? Take a moment and pray about this. Then journal in the space below the things that God lays on your heart.

#### DAY FOUR - *An Attitude of Gratitude* (Philippians 1:12-30)

Write out your memory verses for the week:

**“To die is gain”**

18. Read **Philippians 1:21-26**. What are the two potential outcomes for Paul mentioned in these verses?

19. Reread **verses 21-26** and as you read, fill out the table below. Note: you may not fill every box. Some verses relate more to one than the other.

Verse	Living: Pros & Cons	Dying: Pros & Cons
v. 21		
v. 22		
v. 23		
v. 24		
v. 25		
v. 26		

20. Choose five or six of the following verses and note what they describe about heaven.

**Isaiah 65:25**

**Matthew 6:20**

**Matthew 25:46**

**John 14:2-3**

**Philippians 3:20-21**

**Hebrews 11:16**

**1 John 3:2b**

**Revelation 14:13**

**Revelation 19:1-7**

**Revelation 21:4**

**Revelation 22:3-5**

21. As you read these descriptions, explain how you feel.

22. How was the Apostle Paul able to say, “to die is gain”?

23. In **Philippians 1:23**, Paul uses the word “depart” to describe dying. Why do you think he used that word?

24. In **2 Timothy**, Paul was in prison and was going to be executed soon. Read **2 Timothy 4:6-8**. What was Paul’s view of death in this passage?

25. When you think about your normal daily decisions, how many of them are made because of fear and insecurity? Explain.

26. If you are a believer in Jesus, your future is completely certain. Does the knowledge of a certain eternal home with God in heaven affect your daily decisions? How can you apply Paul’s view of life and death and the Bible’s wonderful description of heaven to your life?

“It Is Not Death to Die”

It is not death to die, to leave this weary road  
And join the saints who dwell on high, who’ve found their home with God

It is not death to close, the eyes long dimmed by tears  
And wake in joy before Your throne, Delivered from our fears

It is not death to fling, aside this earthly dust  
And rise with strong and noble wing, to live among the just

It is not death to hear, the key unlock the door  
That sets us free from mortal years, to praise You evermore

O Jesus, conquering the grave, Your precious blood has power to save  
Those who trust in You, will in Your mercy find  
That it is not death to die

#### DAY FIVE - *An Attitude of Gratitude* (Philippians 1:12-30)

Write out your memory verses for the week:

27. In **Philippians 1:27** the phrase translated by the English Standard Version as “manner of life” can also be translated “live as citizens of the Gospel of Christ.” Citizenship was very important to Romans and indeed envied by those who did not have it. Therefore, Paul’s use of this verb was carefully chosen. What does being a citizen of a country mean?



28. This same word is used in **Philippians 3:20**. In this context, what is Paul saying about our citizenship? What type of attitudes in Roman culture was Paul contrasting by using this phrase “citizens of heaven”?

29. Paul gives a similar exhortation in **Ephesians 4:1** as he does in **Philippians 1:27**. Compare the two verses:

Similarities	Differences

30. According to **verses 27-28**, what characteristics does Paul want the church to have?

31. If the Church is made up of people whose citizenship is in heaven and are living according to that reality, what would that look like at College Park Church?

32. **Philippians 1:28b** “*This* is a clear sign to them of *their* destruction, but of *your* salvation, and *that* from God.” What do the italicized words in this text refer to?

33. In your own words, explain how those who are opponents of the Church will know they are going to be destroyed.

34. In your own words, explain how those who are believers will be assured of their salvation.

35. In **verse 29**, the word “granted” means a free gracious gift. What is the gift God is giving to his people in this verse?

36. Read the following verses and describe God’s view of suffering.

**Acts 5:41**

**2 Corinthians 1:3-7**

**Colossians 1:24**

**2 Timothy 3:12**

37. In **verses 27-30**, Paul gives us a view of life and a way of thinking that is totally counter to our natural inclinations. Take a moment and contemplate the truths from these verses. Journal below about what God is showing you from his Word today.

38. What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 1:12-30**

Command(s)	
Principle(s)	

## Week Two

### TEACHING NOTES

[illegible]

## Week Three

### *Unity through Humility - Philippians 2*

#### MEMORY PASSAGE: Philippians 2:1-4

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> **Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.** <sup>4</sup> **Let each of you look not only to his own interests, but also to the interests of others.**

#### DAY ONE - Review of *An Attitude of Gratitude* (Philippians 1:12-30)

Write out your memory verses for the week:

1. Look over your notes from last week. Share one or two main takeaways from the teaching.
2. What was Paul's attitude toward those who were envious of him?
3. How has Paul's belief that "to die is gain" influenced your mindset?
4. What is your understanding of the command to "let your manner of life be worthy of the gospel of Christ"?

## DAY TWO - *Unity through Humility* (Philippians 2)

Write out your memory verses for the week:

5. In **chapter 2**, Paul seems to urge, encourage, and even command the Philippians. Using the Philippians Scripture in the back, note the commands and number them. How many commands does Paul give?

6. Why do you think Paul was giving the Philippians so many commands? What was Paul's intention?

7. Which one or two commands speak to you most, and why?

8. Highlight all of the times you see Jesus mentioned in **Philippians 2**, including Jesus, Christ Jesus, he, and himself. Who is this chapter really about?

9. Circle all of the following words in **Philippians 2**: therefore, so, so that, and that. List a few synonyms for therefore and so.

10. What themes (words or concepts) do you see as you read through **chapter 2**?

11. Speculate why you think Paul spends twelve verses talking about Timothy and Epaphroditus.

### **DAY THREE - *Unity through Humility* (Philippians 2)**

Write out your memory verses for the week:

12. Reread **Philippians 1:7-2:2**. In **verse 1:27** Paul calls the Philippians to stand firm in one spirit and one mind—a call to be unified. **Philippians 2:1** shows us how this unity is possible. List the five sentiments you see in this verse.

E \_\_\_\_\_

C \_\_\_\_\_

P \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

13. **Philippians 2:1** uses the phrase “comfort from love.” Where does our comfort come from (see **2 Corinthians 1:3-4**)? What are we to do with that comfort?

14. How are the sentiments you listed in question 12 enabled? Who enables them?

Encouragement is found in \_\_\_\_\_. (**Philippians 2:1**)

Comfort from love is from \_\_\_\_\_. (**2 Corinthians 1:3**)

We participate with the \_\_\_\_\_. (**Philippians 2:1**)

15. If we have these sentiments, what are we called to do in **Philippians 2:2**?



16. Paul calls us to unity, and not just unity, but gospel unity. Before Paul commands us to unity, he reminds us of what is already ours in Christ. Review these passages and list what is already ours in Christ:

Verse	Ours in Christ
<b>1 Corinthians 15:22</b>	
<b>Colossians 1:12-14</b>	
<b>Colossians 1:22</b>	
<b>Colossians 3:15</b>	
<b>Romans 8:1-2</b>	
<b>Romans 8:17</b>	
<b>Romans 8:37</b>	

17. Write a response to God as you meditate on what is yours in Christ Jesus.

18. What is the outcome for Paul when the Philippians have the same mind, same love, and are in full accord, living in gospel unity (see **verse 1**)?

**DAY FOUR - *Unity through Humility* (Philippians 2)**

Write out your memory verses for the week:

19. Reread **Philippians 2:3-4**, followed by **Mark 12:28-31**. What were the specific words Jesus used in **Mark 12:31** that Paul is reiterating in **Philippians 2:3-4**?

20. **Philippians 2:5** states, “Have this mind among yourselves, which is yours in Christ Jesus.” Using a tool such as [www.biblehub.org](http://www.biblehub.org) or [www.blueletterbible.org](http://www.blueletterbible.org), review other versions of this text and list their translations below.

**Philippians 2:5**

Christian Standard Bible (CSB)	
New Living Translation (NLT)	
New American Standar Bible (NASB)	
New International Version (NIV)	

21. Read **Philippians 2:6-8**. Jesus “did not count equality with God a thing to be grasped.” He didn’t count his equality with God something to be used to his own advantage. That’s pretty profound. What did Jesus choose to do instead?

22. When was the last time you sacrificially humbled yourself in service of others? What did you do?

23. Read **Philippians 2:9-11**. The actions Jesus took led to what outcomes?

24. What rewards have you experienced from being obedient to God?

25. How does the example of Christ encourage you to continue in obedience and humility?

## DAY FIVE - *Unity through Humility* (Philippians 2)

Write out your memory verses for the week:

26. **Philippians 2:12** says, “work out your own salvation.” What could this mean? It’s understood that in God’s sovereignty, the Philippians had already received salvation in Christ Jesus, so what did they have to “work out”?

27. Who is it that works in you? (**Philippians 1:6, Philippians 2:13**)

28. Isn’t it comforting to know that God doesn’t command us to do this on our own? He is working in us, empowering us to will and to work. It’s only by his power that we can have any hope of being obedient to his commands, bringing light to a dark world. In the verses below, list how God is with us and how he helps us.

Verse	Command	Verse	God’s Help
<b>Philippians 2:12</b>	Work out your own salvation	<b>Philippians 2:13</b>	For it is God who works in you
<b>Joshua 1:9a</b>		<b>Joshua 1:9b</b>	
<b>John 14:27b</b>		<b>John 14:27a</b>	
<b>Philippians 2:5a</b>		<b>Philippians 2:5b</b>	
<b>1 Peter 1:15:16</b>		<b>Leviticus 20:7-8</b>	

29. Paul continues to call us to exhibit Christlike character in **Philippians 2:14-18**. Write out the first few words in **2:14** from the ESV and NIV.

English Standard Version (ESV): Do \_\_\_\_\_

New International Version (NIV): Do \_\_\_\_\_

30. How many things? *All* things. As we saw earlier in this lesson, we should not be discouraged since God's presence and power are available to us. That's why we have hope! When we do grumble, complain, and dispute, what does that do to our testimony?

31. What would it look like for you to go about this day without grumbling or disputing and instead shine as a light in the world?

32. What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 2**

Command(s)	
Principle(s)	

## Week Three

### TEACHING NOTES

[illegible]



## Week Four

### *Passionate Pursuit of Christ - Philippians 3*

#### MEMORY PASSAGE: Philippians 2:1-6

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. <sup>4</sup> Let each of you look not only to his own interests, but also to the interests of others. <sup>5</sup> **Have this mind among yourselves, which is yours in Christ Jesus,** <sup>6</sup> **who, though he was in the form of God, did not count equality with God a thing to be grasped,**

#### DAY ONE - Review of *Unity through Humility* (Philippians 2)

Write out your memory verses for the week:

1. Look over your notes from last week. Share one or two main takeaways from the teaching.
2. **Chapter 2** encourages the Philippians to be of the same mind and have the same love. What would it look like today for a group of people to be like-minded in Christ? Think about your family, Small Group, community, and friends.
3. Jesus is our perfect example of humility and obedience. Where is God asking you to be obedient in this season of life?

4. Paul laid a foundation in **Philippians 1-2** of what a humble, servant-hearted believer looks like. Describe Paul's affection toward Timothy and Epaphroditus in **Philippians 2:19-30**.

5. At the time of Paul's writing this letter to the Philippians, it is easy to imagine him taking solace in **Psalms 16**. Read and reflect on this psalm. In response, write a prayer of thanks to the Lord for calling you as his chosen child and the rewards of remaining in his Word and his presence.

## **DAY TWO - *Passionate Pursuit of Christ* (Philippians 3)**

Write out your memory verses for the week:

6. Using the Philippians Scripture in the back, read our passage for this week, **Philippians 3**. Return to **verses 1-11** and highlight or underline any repeated words or phrases, using a different color for each repeated word or phrase. What words or phrases stand out to you in this chapter?

7. Using **verses 1-6**, fill in the chart below. Note: a Pharisee was a member of a Jewish sect known for his strict adherence to the laws of Judaism.

Paul's résumé of Jewish superiority	Scripture	From the perspective of a Jew, why is this viewed positively?
Circumcised on the eighth day	<b>Genesis 17:9-14</b>	
Of the people of Israel	<b>Romans 11:1-2</b>	
Of the tribe of Benjamin	<b>1 Samuel 9:21-22; Psalm 68:27</b>	Even after the exile of Judah and the loss of many records, Paul was able to trace his lineage to the tribe of Israel's first king.
A Hebrew of Hebrews	<b>Acts 22:3; 26:4-5</b>	
As to the law, a Pharisee	<b>Acts 23:6; 26:4-5</b>	
As to zeal, a persecutor of the church	<b>Galatians 1:13-14</b>	
As to righteousness under the law, blameless	<b>Acts 22:3; 26:4-5</b>	

8. Based on the chart above, what does Paul mean in **verse 4** when he says, “If anyone else thinks he has reason for confidence in the flesh, I have more”?

9. As you look at your life, passions, hopes, talents, and accomplishments, what are you tempted to put your confidence in outside of Christ?

### DAY THREE - *Passionate Pursuit of Christ (Philippians 3)*

Write out your memory verses for the week:

10. Using the Philippians Scripture in the back, read **Philippians 3:7-8**. Mark as follows:

- Circle any uses of the word “count”
- Highlight any uses of the word “loss”
- Underline any word or phrase that refers to what Paul counts as loss

Why do you think Paul uses past tense in **verse 7** when he says, “whatever gain I had I counted as loss,” and then switches to using the present tense of “count” in **verse 8**?

11. The language of gain and loss is used multiple times in Scripture. How do the following verses relate to what Paul is talking about in **verses 7-8**?

**Matthew 10:37-39**

**Matthew 16:24-26**

12. According to **verses 7-8**, why is it worth it to count all of our earthly successes, accolades, possessions, and passions as loss?

13. Paul says in **verse 3** that we should put “no confidence in the flesh.” According to **verses 8-9**, where should we put our confidence instead?

14. From the following verses, why does Paul say he wants to “share in Christ’s sufferings”?

**Luke 9:23-24**

**Romans 8:16-17**

**2 Corinthians 4:8-12**

**Galatians 2:20**

15. Take a moment to think about how you spent your time in the past week. As you think about your use of time and resources, what stirs your affections for Jesus? What steals your affections away from Jesus?

16. Reread **verses 7-10**. Paul is willing to give up everything to “gain Christ” and to “know him and the power of his resurrection.” Evaluate your own motivations and priorities in light of this passage and write out a prayer to the Lord.

## DAY FOUR - *Passionate Pursuit of Christ* (Philippians 3)

Write out your memory verses for the week:

17. Review **Philippians 3:12-16**. What is Paul referring to when he says, “Not that I have already obtained this” in **verse 12**?

18. Why does Paul make a point of saying that he is not “already perfect” in **verse 12**?

19. Several times in the New Testament, growing in Christ is described with disciplined athletic imagery. Why do you think this comparison is made? (See **1 Corinthians 9:24-27**, **Philippians 3:13-16**, **Hebrews 12:1-2**.)

20. What does it mean to forget what lies behind (**verse 13**)? Why should we forget the past in order to move forward to what God has for our future?

21. In **verse 15**, Paul challenges the Philippians to “let those of us who are mature think this way.” How does this tie to the overall theme of having a Christlike mindset that we see throughout Philippians? (See **Philippians 1:21, 27; 2:1-5**.)

22. Do you ever use past successes and achievements as an excuse to not push forward to achieve more in the future? How might this relate to your spiritual walk?

23. What would your life look like if you pursued Christ as passionately and intensely as Paul describes and encourages in **verses 7-16**?

### **DAY FIVE - *Passionate Pursuit of Christ* (Philippians 3)**

Write out your memory verses for the week:

24. Why would Paul encourage the Philippians to imitate him and to look to others following his example if we already have Jesus as our example? (See **Proverbs 13:20**.)

25. What in particular does Paul want the Philippians to imitate? Review **verses 12-16**.

26. As Paul describes the actions and behaviors of those who are the “enemies of the cross of Christ,” what emotion does Paul express in **verse 18**? Based on this, what is the response we should have toward those who have their minds set on earthly things and whose end is destruction?

27. What does Paul mean when he says, “their end is destruction”? Look up each passage below and explain how it applies to this destruction that Paul indicates.

**Matthew 7:13-14**

**Philippians 1:28**

**2 Thessalonians 1:6-8**

28. Reread **verses 18-21**. Compare the attitude of the enemies of the cross of Christ to the mindset of those whose citizenship is in heaven.

Enemies of the cross	Citizens of heaven



29. Are you striving hard after Christ with your identity in him? In what ways are you tempted to fall prey to earthly desires, passions, and appetites?

30. What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 3**

Command(s)	
Principle(s)	

## Week Four

### TEACHING NOTES

[illegible]

## Week Five

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

#### MEMORY PASSAGE: **Philippians 2:1-8**

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. <sup>4</sup> Let each of you look not only to his own interests, but also to the interests of others. <sup>5</sup> Have this mind among yourselves, which is yours in Christ Jesus, <sup>6</sup> who, though he was in the form of God, did not count equality with God a thing to be grasped, <sup>7</sup> **but emptied himself, by taking the form of a servant, being born in the likeness of men.** <sup>8</sup> **And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.**

#### DAY ONE - Review of *Passionate Pursuit of Christ* (Philippians 3)

Write out your memory verses for the week:

1. Look over your notes from last week. Share one or two main takeaways from the teaching.
2. The title of our study is “MINDSET: Having the Same Attitude as Jesus.” How does **Philippians 3** fit into that theme?
3. How has your study of Philippians affected the passion with which you pursue your relationship with Jesus?



6. Return to the passage and look for repeated words or ideas. Which ones do you notice the most?

7. Underline all of the words, phrases, and terms in this passage that show how much Paul loved and esteemed the church at Philippi. How do you think this made them feel when they heard his letter read?

8. Paul's commands are challenging! Do you think the Philippians feel encouraged or discouraged by them? What lessons can you learn from this?

9. Two words in **verse 1** point us back to previous paragraphs. The first one is "therefore." What truth does Paul give us in **3:20-21** that he is now pointing back to? What is he telling us to do as a result?

10. The second connector word is "thus," where Paul says to "stand firm thus in the Lord." Assuming we translated "thus" to mean "in this way," look back to **3:12-21** and list ways that we can imitate Paul in standing firm. (Hint: look for commands and examples from Paul's life.)

### DAY THREE - *Purposeful Thoughts* (Philippians 4:1-9)

Write out your memory verses for the week:

11. **Philippians 4:2-3** is the only time Euodia and Syntyche are mentioned in Scripture. Describe what is happening in this passage by answer the questions below.

What is the situation?

What can we infer about the character of these two women? What are they involved in?

How does Paul go about seeking resolution?

Who does Paul ask to step in and help?

How does Paul seem to view Euodia and Syntyche, as well as everyone else mentioned in this passage?

How does this challenge and encourage you?

12. Several times in this letter we encounter the need to “agree in the Lord” or “have the same mind.” If you were the “true companion” asked to “help these women,” what are some key takeaways from these earlier passages in Philippians that you could use to help change their mindset and move them toward reconciliation? (We can assume that Euodia and Syntyche would have heard the entire letter along with the congregation.)

**Philippians 1:27-28**

**Philippians 2:1-5**

### **Philippians 3:14-15**

13. What leads people to *not* have the “same mind” and to disagree? Refer back to the passages in the previous question, as well as **James 4:1-12**.

14. Review Christ’s example in **Philippians 2:5-11**. In what ways do you need to better emulate Jesus Christ and work toward having the same mind as others, putting their needs above your own?

15. In **verse 4**, Paul commands the church in Philippi (and us) to rejoice in the Lord and, in fact, to *keep* on rejoicing (more accurate translation). Review some of the other circumstances that were difficult for Paul and the Philippians during this time, as described or alluded to in the following passages.

### **Philippians 1:12-13**

### **Philippians 1:15-17**

### **Philippians 1:28-30**

### **Philippians 2:27, 3:21**

16. Based on what you've seen in Philippians so far, where does Paul derive his joy? What can we learn from Paul's mindset about circumstances?

#### DAY FOUR - *Purposeful Thoughts* (Philippians 4:1-9)

Write out your memory verses for the week:

17. What does it mean in **verse 5** that the "Lord is at hand"? (See **James 5:8**.)

18. In **verse 5**, the word "reasonableness" can also be translated "gentleness." Define the word "gentle."

19. Look up the following Scriptures to better understand gentleness.

**1 Timothy 3:3**

**Titus 3:2**

**James 3:17**

20. Gentleness is obviously counter-cultural, and yet Paul tells us that our gentleness should be known to all men. How does the promise that "the Lord is at hand" help us to be gentle toward others?



21. Write down a dictionary definition for “anxious.”

22. The same Greek word translated “anxious” in **verse 6** can also be translated as “care” and “concern” (see **1 Corinthians 12:25, Philippians 2:20-21**), which have a positive connotation. But here Paul is talking about negative anxiety, as Jesus speaks about in **Matthew 6:25-34**. As you look ahead to **verse 7**, what might a biblical definition of negative anxiety be?

23. Instead of being anxious, Paul commands us to “let your requests be made known to God.” Dig deeper into each part of **verse 6**, either by defining it or referencing another passage that helps explain the idea.

In everything

By prayer

[By] supplication

With thanksgiving

24. How can thankfulness in prayer help you battle against anxiety?

25. What does it mean in **verse 7** that the peace of God “surpasses all understanding”? Practically speaking, how does this peace guard your heart and mind?

### DAY FIVE - *Purposeful Thoughts* (Philippians 4:1-9)

Write out your memory verses for the week:

26. Reread **Philippians 4:1-9**. The word “finally” in verse 8 tells us that this is the climax of the passage. He is about to help us replace anxiety in our minds with ideas that are “excellent” and “worthy of praise” (**verse 8b**). What do the following two passages tell us about what does and doesn’t belong in our minds?

**Romans 12:1-2**

**Ephesians 4:20-24**

27. List each of the “whatever is” categories below from **verse 8**. Next to each one, think of some synonyms and antonyms (opposite ideas), to clarify what we are to think about (put on) and not think about (put off).

"Whatever is"	Synonyms	Antonyms

28. If you “think about these things,” which he summarizes as “excellent” and “worthy of praise,” what effect will this thinking, or mindset, have on any anxious tendencies you have? Which of the categories above do you feel the need to grow in right now?

29. We are given one more command in verse 9, along with a promise. Paul sets himself up as the example. Is this justified? What passages from Philippians can you use to explain your answer?

30. What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 4:1-9**

Command(s)	
Principle(s)	

## Week Five

### TEACHING NOTES

[illegible]

## Week Six

### *Secret of Contentment* - **Philippians 4:10-23**

#### **MEMORY PASSAGE: Philippians 2:1-11**

<sup>1</sup> So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup> complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup> Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. <sup>4</sup> Let each of you look not only to his own interests, but also to the interests of others. <sup>5</sup> Have this mind among yourselves, which is yours in Christ Jesus, <sup>6</sup> who, though he was in the form of God, did not count equality with God a thing to be grasped, <sup>7</sup> but emptied himself, by taking the form of a servant, being born in the likeness of men. <sup>8</sup> And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. <sup>9</sup> **Therefore God has highly exalted him and bestowed on him the name that is above every name, <sup>10</sup> so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup> and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.**

#### **DAY ONE - Review of *Purposeful Thoughts* (Philippians 4:1-9)**

Write out your memory verses for the week:

1. Look over your notes from last week. Share one or two main takeaways from the teaching.
2. If you find yourself needing to mediate between two believers who are not agreeing, what passages from Philippians will help you as you encourage them to get along? What should be their mindset and motivation for moving past their differences?
3. How is it that we can rejoice always, even when situations are difficult?

4. How does Paul's "whatever is" list of meditative categories challenge what you spend your time thinking about?

5. Reflect on some things you have learned, received, heard, and seen in Paul as he has imitated Jesus Christ. Ask the Lord to help you grow in maturity and in the likeness of Christ.

## DAY TWO - *Secret of Contentment* (Philippians 4:10-23)

Write out your memory verses for the week:

6. Using the Philippians Scripture in the back, read today's passage carefully. Using colored pens or pencils, mark the following words in **verses 10-13**: learn and know. What has Paul learned and now knows?

7. In **verses 14-20**, notice the following words: given, give, sent, supply, and receive. Mark each with different colors or symbols.

What is being given?

Who is the giver?

Who is receiving?

From **verse 19**, who is the ultimate giver?

8. There are two places in **Philippians 4:10-23** where Paul begins his thought with the word “Not.” Find and mark these two instances. Paul is being very careful to make his thoughts clear. For each instance, what is Paul being clear is *not* the intent of his words and what is he trying to express?

Verse	Not	For or But....

9. What do you understand about Paul’s attitude concerning himself and the Philippians from these observations?



### DAY THREE - *Secret of Contentment* (Philippians 4:10-23)

Write out your memory verses for the week:

10. Reread **Philippians 4:10-13**. This passage is often thought of as the definitive biblical passage on the subject of contentment. Using a thesaurus, list several synonyms and antonyms for the word “content” (used as an adjective) or “contentment.”

Synonyms	Antonyms

11. Contentment is not natural! True contentment is *learned* (see your response to question 6 from Day Two). In what areas do you struggle with contentment?

12. Read **1 Corinthians 4:11-12**. In what areas might Paul have struggled with contentment?

13. **Philippians 4:13** is an often-quoted verse. Now that we have explored the verses preceding it, has your understanding of **4:13** changed? What do you understand it to mean now? How have you seen this verse misused?

14. Say **verse 13** aloud, repeating it with the emphasis on a different word each time. (*I* can do all things, I *can* do all things, I can *do* all things, etc.) Which word(s) do you think is (are) the correct emphasis?

15. Considering the context of **verse 13**, restate it in your own words.

16. What do you learn about contentment from these verses? Place a star next to the passage that is most meaningful to you.

**Psalm 23:1**

**Proverbs 30:8-9**

**Matthew 6:33**

**1 Timothy 6:6-8**

**Hebrews 13:5**

17. What do you think Paul means by the phrase “I have learned the secret”? What is “the secret” of contentment?

18. Reflect on your current state of contentment. Write a prayer to God describing your present state of contentment and your desire to be strengthened by him.

## DAY FOUR - Secret of Contentment (Philippians 4:10-23)

Write out your memory verses for the week:

19. Reread **Philippians 4:14-20**. How would you describe the Philippians' relationship with Paul and his ministry? Were they consumers or partners?

20. What does Paul desire for the Philippians in **verses 17** and **19**?

21. Sometimes it is difficult to distinguish between things we want and things we need. How do you differentiate between the two?

22. Because the Philippians were generous with what God had given them, Paul was confident that God would supply their *every* need. **2 Corinthians 9:8** is another verse with a great promise. In this verse Paul uses the same word (translated this time as "all") to describe the abundant resources with which God supplies our needs. What are those resources?

### **2 Corinthians 9:8**

And God is able to make all \_\_\_\_\_ abound to you, so that having all  
\_\_\_\_\_ in all \_\_\_\_\_ at all  
\_\_\_\_\_, you may abound in every \_\_\_\_\_.

23. What do these verses say about God as our provider?

**Psalms 84:11**

**Matthew 6:25-34**

**Ephesians 3:20**

**James 1:17**

24. In your own words, paraphrase **Philippians 4:19**.

25. How has God recently supplied your needs?

#### **DAY FIVE - Secret of Contentment (Philippians 4:10-23)**

Write out your memory verses for the week:

26. Paul closes his letter with greetings from his companions to the believers in Philippi. He ends with the final phrase, “The *grace* of the Lord Jesus Christ be with your spirit.” What does God’s grace have to do with the development of “the mind that is ours in Christ Jesus” (**Philippians 2:5**)? See also **Philippians 1:6; 2:12-13; and 3:14-15**.

27. What command(s) and/or principle(s) did you find in this passage that should shape your Christlike mindset? Include the verse numbers in your answer.

**Philippians 4:10-23**

Command(s)	
Principle(s)	

28. Now that you have gleaned the commands and principles from each chapter of Philippians, what elements have you found that should be part of your mindset if you want to have the same attitude as Jesus?

Review these questions:

Week Two, question 4

Week Two, question 39

Week Three, question 32

Week Four, question 30

Week Five, question 30

Week Six, question 27

29. Reflect on all that you've learned about a Christlike mindset and write out your prayer asking the Lord to enable you to "have this mind ... which is yours in Christ Jesus."

## Week Six

### TEACHING NOTES

[illegible]





# Philippians Scripture

## (ENGLISH STANDARD VERSION)

### CHAPTER 1

#### Greeting

<sup>1</sup>Paul and Timothy, servants of Christ Jesus,

To all the saints in Christ Jesus who are at Philippi, with the overseers and deacons:

<sup>2</sup>Grace to you and peace from God our Father and the Lord Jesus Christ.

#### Thanksgiving and Prayer

<sup>3</sup>I thank my God in all my remembrance of you, <sup>4</sup>always in every prayer of mine for you all making my prayer with joy, <sup>5</sup>because of your partnership in the gospel from the first day until now. <sup>6</sup>And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. <sup>7</sup>It is right for me to feel this way about you all, because I hold you in my heart, for you are all partakers with me of grace, both in my imprisonment and in the defense and confirmation of the gospel. <sup>8</sup>For God is my witness, how I yearn for you all with the affection of Christ Jesus. <sup>9</sup>And it is my prayer that your love may abound more and more, with knowledge and all discernment, <sup>10</sup>so that you may approve what is excellent, and so be pure and blameless for the day of Christ, <sup>11</sup>filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

#### The Advance of the Gospel

<sup>12</sup>I want you to know, brothers, that what has happened to me has really served to advance the gospel, <sup>13</sup>so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. <sup>14</sup>And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear.

<sup>15</sup>Some indeed preach Christ from envy and rivalry, but others from good will. <sup>16</sup>The latter do it out of love, knowing that I am put here for the defense of the gospel. <sup>17</sup>The former proclaim Christ out of selfish ambition, not sincerely but thinking to afflict me in my imprisonment. <sup>18</sup>What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice.

### **To Live Is Christ**

Yes, and I will rejoice, <sup>19</sup>for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, <sup>20</sup>as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. <sup>21</sup>For to me to live is Christ, and to die is gain. <sup>22</sup>If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. <sup>23</sup>I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. <sup>24</sup>But to remain in the flesh is more necessary on your account. <sup>25</sup>Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, <sup>26</sup>so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.

<sup>27</sup>Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel, <sup>28</sup>and not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God. <sup>29</sup>For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake, <sup>30</sup>engaged in the same conflict that you saw I had and now hear that I still have.

## CHAPTER 2

### Christ's Example of Humility

<sup>1</sup>So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, <sup>2</sup>complete my joy by being of the same mind, having the same love, being in full accord and of one mind. <sup>3</sup>Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. <sup>4</sup>Let each of you look not only to his own interests, but also to the interests of others. <sup>5</sup>Have this mind among yourselves, which is yours in Christ Jesus, <sup>6</sup>who, though he was in the form of God, did not count equality with God a thing to be grasped, <sup>7</sup>but emptied himself, by taking the form of a servant, being born in the likeness of men. <sup>8</sup>And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. <sup>9</sup>Therefore God has highly exalted him and bestowed on him the name that is above every name, <sup>10</sup>so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup>and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

### Lights in the World

<sup>12</sup>Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, <sup>13</sup>for it is God who works in you, both to will and to work for his good pleasure.

<sup>14</sup>Do all things without grumbling or disputing, <sup>15</sup>that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, <sup>16</sup>holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain. <sup>17</sup>Even if I am to be poured out as a drink offering upon the sacrificial offering of

your faith, I am glad and rejoice with you all. <sup>18</sup>Likewise you also should be glad and rejoice with me.

### **Timothy and Epaphroditus**

<sup>19</sup>I hope in the Lord Jesus to send Timothy to you soon, so that I too may be cheered by news of you. <sup>20</sup>For I have no one like him, who will be genuinely concerned for your welfare. <sup>21</sup>For they all seek their own interests, not those of Jesus Christ. <sup>22</sup>But you know Timothy's proven worth, how as a son with a father he has served with me in the gospel. <sup>23</sup>I hope therefore to send him just as soon as I see how it will go with me, <sup>24</sup>and I trust in the Lord that shortly I myself will come also.

<sup>25</sup>I have thought it necessary to send to you Epaphroditus my brother and fellow worker and fellow soldier, and your messenger and minister to my need, <sup>26</sup>for he has been longing for you all and has been distressed because you heard that he was ill. <sup>27</sup>Indeed he was ill, near to death. But God had mercy on him, and not only on him but on me also, lest I should have sorrow upon sorrow. <sup>28</sup>I am the more eager to send him, therefore, that you may rejoice at seeing him again, and that I may be less anxious. <sup>29</sup>So receive him in the Lord with all joy, and honor such men, <sup>30</sup>for he nearly died for the work of Christ, risking his life to complete what was lacking in your service to me.

## **CHAPTER 3**

### **Righteousness Through Faith in Christ**

<sup>1</sup>Finally, my brothers, rejoice in the Lord. To write the same things to you is no trouble to me and is safe for you.

<sup>2</sup>Look out for the dogs, look out for the evildoers, look out for those who mutilate the flesh. <sup>3</sup>For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh— <sup>4</sup>though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the

flesh, I have more: <sup>5</sup>circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; <sup>6</sup>as to zeal, a persecutor of the church; as to righteousness under the law, blameless. <sup>7</sup>But whatever gain I had, I counted as loss for the sake of Christ. <sup>8</sup>Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ <sup>9</sup>and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—  
<sup>10</sup> that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, <sup>11</sup>that by any means possible I may attain the resurrection from the dead.

### **Straining Toward the Goal**

<sup>12</sup>Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup>Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup>I press on toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup>Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. <sup>16</sup>Only let us hold true to what we have attained.

<sup>17</sup>Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. <sup>18</sup>For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. <sup>19</sup>Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. <sup>20</sup>But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, <sup>21</sup>who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

## CHAPTER 4

<sup>1</sup>Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

### **Exhortation, Encouragement, and Prayer**

<sup>2</sup>I entreat Euodia and I entreat Syntyche to agree in the Lord. <sup>3</sup>Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow 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 reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious 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, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup>What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

### **God's Provision**

<sup>10</sup>I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. <sup>11</sup>Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup>I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup>I can do all things through him who strengthens me.

<sup>14</sup>Yet it was kind of you to share my trouble. <sup>15</sup>And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. <sup>16</sup>Even in Thessalonica you sent me help for my needs once and again. <sup>17</sup>Not that I seek the gift, but I seek the

fruit that increases to your credit. <sup>18</sup>I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. <sup>19</sup>And my God will supply every need of yours according to his riches in glory in Christ Jesus. <sup>20</sup>To our God and Father be glory forever and ever. Amen.

### **Final Greetings**

<sup>21</sup>Greet every saint in Christ Jesus. The brothers who are with me greet you. <sup>22</sup>All the saints greet you, especially those of Caesar's household.

<sup>23</sup>The grace of the Lord Jesus Christ be with your spirit.



## RESOURCES

Boice, James Montgomery. *Philippians*. Baker Books, 2006.

Carson, D. A. *Basics for Believers, An Exposition of Philippians*. Baker Academic, 1996.

Chandler, Matt, and Jared C. Wilson. *To Live Is Christ to Die Is Gain*. David C Cook, 2013.

Guthrie, Nancy. “Help Me Teach the Bible”. Audio podcast. #118 and 119, John Piper on Philippians.

Hughes, R. Kent. *Philippians, Colossians, and Philemon*. Crossway Books, 2013.

Kauflin, Bob. “It Is Not Death To Die”. Sovereign Grace Music, 2008.

<https://sovereigngracemusic.org/music/songs/it-is-not-death-to-die/>.

Lawson, Steven. *Philippians For You*. The Good Book Company, 2017.

Merida, Tony, and Francis Chan. *Exalting Jesus in Philippians*. B&H Publishing Group, 2016.

“Philippians.” Desiring God. August 01, 2016. Accessed March 01, 2021.

<https://www.desiringgod.org/scripture/philippians>.

Silva, Moisés. *Philippians*. Baker Academic, 2005.



## TEACHING TEAM

**CAROL BERG** and Ryan have been married for almost ten years and have two children, Sydney and Elliot. Carol teaches twelfth grade economics at Westfield High School. Carol and Ryan moved from South Carolina in the summer of 2019 so that Ryan could take a position as Assistant Pastor of Soul Care at College Park. Whenever Carol has free time, she enjoys playing video games, watching superhero movies, and reading great adventure stories.

**STACIE WARNER** has attended College Park for the last ten years, enjoying Women's Bible Studies and serving in Children's Ministries where she teaches first grade Sunday school. She's an aunt of five, an avid Indiana State Fair goer, and always up for a good workout.

**SHANNON LEWIS** is wife to Craig and mother to Gavin and Adalyn. She and her family have attended College Park since 2006 and have the privilege of serving in various ministries. Shannon has had the joy of working on staff at College Park for ten years planning many of the large events and doing special projects. She is passionate about applying God's Word to marriage, family, and communication. When she wants to relax, you can find Shannon reading a good book or hiking.

**ROBIN MIYAKAWA** has been at College Park since 2001 with her husband, Tom. They and their three children (now young adults, two married) were CPC missionaries in Chiang Mai, Thailand, between 2008 to 2019, serving at Grace International School. Now that they are back in the States, Robin enjoys real estate investing, renovation projects, spending time with family, Bible studies, ministry with women, and traveling with Tom.

**KAREN POURCHO** and her husband, Bob, have three grown children. After serving and teaching for many years in Community Bible Study, Karen accepted the position of Director of Women's Ministry at College Park in 2015. Besides loving Bible study, Karen enjoys playing the piano, baking, gardening, needlepoint, spending time with her grandchildren, and traveling with her best friend, Bob.



COLLEGE PARK  
women's

©All rights reserved 2021