

The logo for 'United Camp' is centered in the image. The word 'UNITED' is written in a large, bold, yellow, blocky font with a dark blue outline. Below it, the word 'CAMP' is written in a smaller, yellow, sans-serif font. The entire logo is set against a background of a tropical beach scene with palm trees and a body of water. A yellow and red striped beach umbrella is positioned behind the right side of the 'UNITED' text, appearing to be stuck into a wooden pencil that is part of the logo's design.

UNITED CAMP

TAKE HOME DEVO

↑ NAME ↑

INTRO

We are so excited about what the Lord did through United Camp this year! This week, we saw so many lives changed through the power of God and His Word! Praise Jesus! We learned about some core doctrines of our faith and learned about the nature of the salvation that God offers us through His Son. While we hope each of you had a fun and incredible experience at our 2025 UNITED Students at The Mill Summer Camp, more than that, we pray that each of you had a life-changing experience.

Some of you have made commitments this week: following Jesus, taking the next step to be baptized, confessing sins, feeling called to ministry, or committing to reading your Bible at least five minutes daily for five days a week. We want to help you take these commitments you made this week and put them into practice for a lifestyle of change.

This booklet is meant to **encourage** you to find accountability, **empower** you to read God's Word, **equip** you to reach your friends with the gospel, and **elevate** the expectations of your story in God's story. Let's get started!

- Students at The Mill Staff

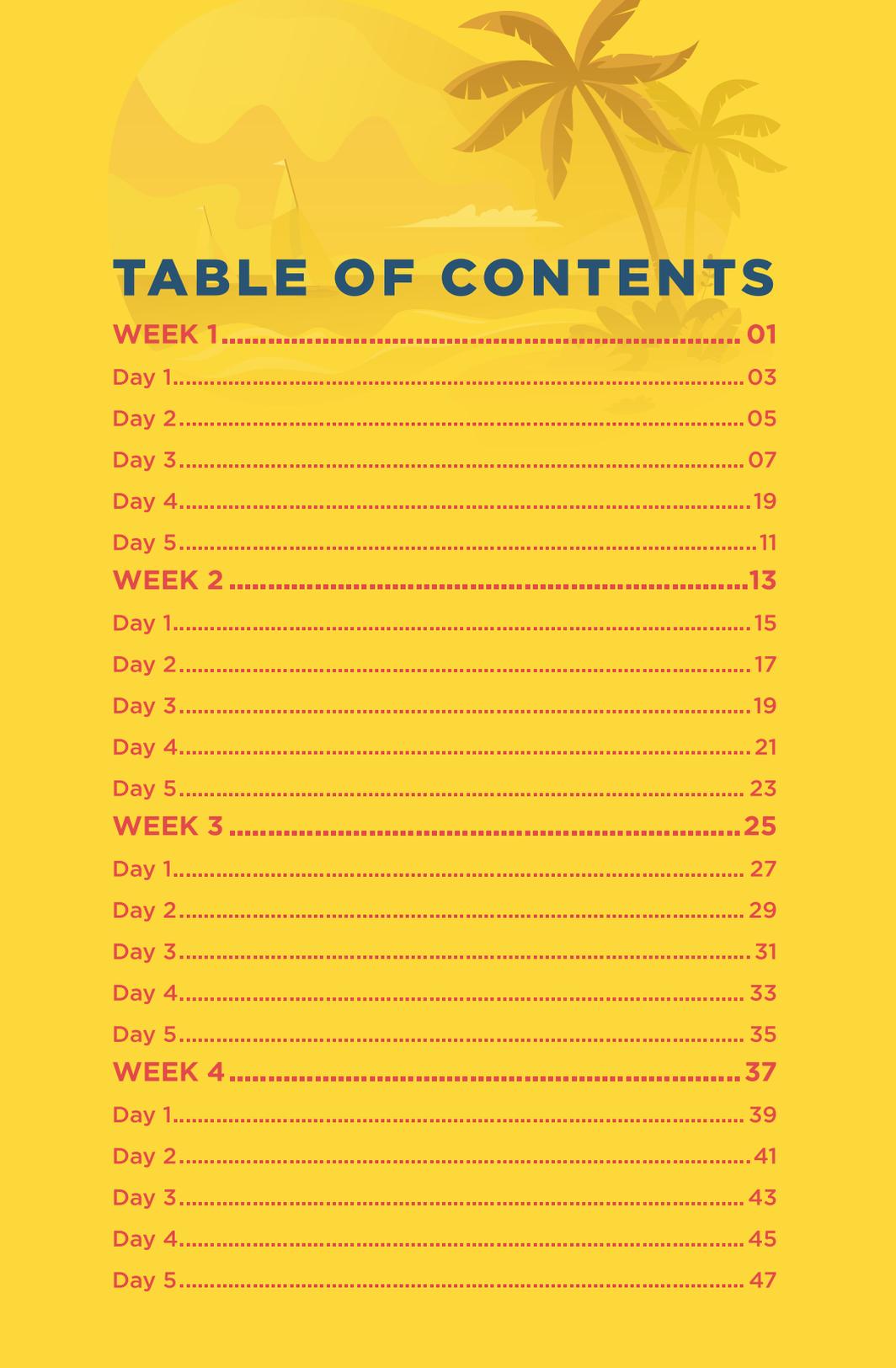


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WEEK ONE



PHILIPPIANS

1:1-30

Day 1: Philippians 1:1-5

These verses show us Paul's introduction to his letter to the church in Philippi. He is with Timothy as he writes, a man who Paul calls his "child in faith" (Titus 1:4). As he introduces himself, he includes a statement of identity just like you would—you introduce yourself as someone's child, as a student at a specific school, or your grade level—but look at how Paul identifies himself: "Paul and Timothy, servants of Christ Jesus" (v. 1:1). He introduces himself as a servant of Christ. This word "servant" is the Greek word "doulos," which can also be translated "bondservant" of Christ.

This word "bondservant," or "doulos," refers to the Old Testament concept of servanthood where an individual served a master to pay off a debt, and after their debt was paid in full, they would be free to go—but sometimes, the servant came to love his master so much that he would choose to stay under his leadership forever (Ex. 21:1-7). Paul introduces himself as this kind of "bondservant," a chosen position of servitude to a loving Master, whose love is so full and compelling he chooses to stay forever.

1. What does Paul call the recipients of his letter? (v. 1:1b)

2. Paul greets the Philippians with "grace and peace" from who?

3. Based on verses 3-5, what do you think Paul's relationship was like with the Philippians?

Do we think this way about our “belonging” to Christ? Think about how you would introduce yourself to other people. The identity statements that you would include could give you a good indication of what you’re drawing your identity from—is it belonging to Christ, or is it something else?

4. What identity statements would you use to introduce yourself? Are those good, bad, or neutral things?

5. Does your life look like you belong to Christ? Or, does your life look like you belong to something else?

Day 2: Philippians 1:6-11

Paul writes this letter from a prison. And yet, every word of this letter is intended to encourage the believers. He looks at their life, at the fruit of their ministry, and assures them that God will not forget them. What he started in them, he will finish. But note when Paul says God will complete his work in them: “at the day of Jesus Christ.” This day is not a set day in the future, or the next day, or one to mark on a calendar. “The day of Jesus Christ” refers to the day when Jesus returns, when “he will make all things new” (Rev 21:5). Paul encourages these persecuted believers to base their hope on the restoration that Christ brings at the end of the days. “Take heart,” he says, “the work I began in you will bear fruit in the end.”

But what are we supposed to do in the meantime? We know that all of our faith and ministry to the Lord will be worth it in the end, but what should we do until then? Especially when life is hard, and following Jesus feels pointless? Paul’s next prayer for them, found in verses 8-11, is that “their love would abound in knowledge and discernment,” that they may “approve what is excellent,” and “be pure and blameless,” and “be filled with the fruit of righteousness.” As they wait and hope, they are to be growing in Christ.

1. Where in this passage do you see Paul’s affection for the church in Philippi?

2. What do you think it means to “approve what is excellent?”

3. What is the point of exhibiting all of these characteristics (knowledge, discernment, purity, blamelessness, etc)? (v. 11)

Do you ever feel how they felt? That the work that God started in you when you were saved must have been forgotten? Do you ever feel like your love for Jesus, your opportunities, or your passion is gone? We usually feel this way when things get hard, or when we're bored. Things had gotten really hard for the Philippians, too—they were being persecuted. Of course they think God forgot about them! But what does Paul say? That God has not forgotten, and we have work to do in the meantime. Love people fiercely, grow in knowledge and wisdom, repent of and resist sin. Do all of this in hope that Jesus is coming again, and do it "to the glory and praise of God."

4. Take spiritual inventory right now: Do you feel like God has forgotten you? If you do, why do you think that is? What does this passage say about that?

5. Look at the list of characteristics in verses 9-11. Which of these things do you think you need to pray for growth in? Take time to pray and ask the Spirit to help you now.

Day 3: Philippians 1:12-20

Paul starts this passage by reminding the Philippians what has happened to him (remember, he is in prison!). Imagine how they must have felt! One of their leaders, who they love and respect, has been arrested for following Jesus. This likely caused them to fear and doubt God's power. But Paul encourages them by reminding them that what has happened to him has "actually served to advance the Gospel" (v. 12). This is a big deal for two reasons.

The first one is contextual, meaning we have to know some background information to really grasp the importance. Verse 13 says "it has become known throughout the whole imperial guard...that my imprisonment is for Christ." During the time of Paul's writing, Rome was the rule in power. Paul was imprisoned by Roman officials, who opposed the preaching of Christ. But according to Paul, the entire Roman imperial guard knew that "his imprisonment was for Christ."

The second reason this is a big deal is because this reality Paul is describing, God's glory being seen in suffering, is something we rarely talk about anymore. We think that following Jesus means a happy, easy, comfortable life—when in reality, our models of godly lives in Scripture could not be more different than easy or comfortable. Many of them, almost all of them, lost their lives. And yet, even in suffering, God's glory can and should be made known.

1. What is the effect of Paul's suffering on the other prisoners in the prison? (v.14)

2. What is the other reason Paul gives for his imprisonment in the end of verse 16?

3. What does Paul say he rejoices in according to verse 18?

4. When something bad happens to you (that is outside of your control) what is your first reaction? Do you become angry at God?

5. Why do you think suffering surprises most Christians? Identify places in Christian culture and your own heart where you may believe the lie of a “prosperity Gospel” (the idea that God only exists to give you a happy, easy life).

Day 4: Philippians 1:20-26

Here, as Paul is writing to the Church of Philippi, Paul explains about the tension that exists within himself. While Paul is in prison, he writes about how he wants Christ to be honored in his body either by life or death, meaning that he is going to share the Gospel no matter the outcome. Paul emphasizes the fact that he is not worried about death by saying to live is Christ and to die is gain, meaning that as long as he lives, he is going to spread the news of Christ. Within this discussion of living and dying for Christ, Paul explains that he is having a tough time about choosing which is better and more necessary, and ultimately comes to the conclusion that while his desire is to depart and be with Christ, he is going to remain and continue to encourage and challenge the Philippians to be more like Christ.

1. What does Paul want in “either life or death?”

2. What two decisions is Paul struggling with? Why is he struggling with this decision?

3. Why did Paul choose to remain and continue with the Philippians?

As Paul writes in Philippians 1:21, “For to me to live is Christ, and to die is gain.” This should be the statement that Christians live by. We should do the will of Christ as long as we live and live with the mindset that death is just the doorway to meeting Christ and being with Him.

4. How can you live in such a way that Christ is honored in everything you say and do?

5. Is there anything you can confess to the Lord today that has not honored him? Take time to do this before you go throughout the rest of your day!

Day 5: Philippians 1:27-30

Paul calls the church to live in a way worthy of our calling so that we might stand firm in the Spirit of God. This confidence is proof of the gospel within us. Now that we stand firm in the gospel, when we suffer we suffer with Christ for His glory.

1. How does this last section of chapter 1 connect the rest of the chapter? What overarching themes are made clear? Try using different colors to find different themes to help separate them in your mind and on your paper.

2. What does “let your manner of life be worthy of the gospel of Christ” mean? Put it in your own words.

3. What does Paul mean when he says we “suffer for His sake?” How has Paul proven this so far in Philippians?

Paul, in this section, gives us really clear instructions. He tells us to “let your manner of life be worthy of the gospel of Christ.” So our application from this section is going to be really easy. We want to cover two things: first, what do we do, and second, how do we do it. Application is a mix of knowing what to do and how to do it—pray through these questions as you answer them.

4. What can you do to live in a ‘manner of life... worthy of the gospel of Christ?’ What can you specifically do when you are struggling?

5. Look back on your answer to the last question. How can you work on that? (For example, if you said “I can pray more” or something, what can you do starting today to work on that?)

WEEK TWO



PHILIPPIANS

2:1-30

Day 1: Philippians 2:1-11

Our verses today are some of the most famous and important in all of Scripture. This is known as the Christ hymn. It is believed that verses 6-11 were an early church hymn that they would sing much like we sing worship songs today. Here, we see an example of Christ's humility. Jesus did not see his position of "equality with God" as something he could take advantage of. Rather, chose to use his strength for service, not status. He humbled himself and came to earth for our sake. It was there that "became obedient to death, even death on a cross" and brought forgiveness of sins to people like us.

This should greatly affect what we think of ourselves and others. The world tells us that we should wield our strength over people like a weapon, dominating those who would try to challenge us and constantly looking out for ourselves. The Bible contradicts this idea. Jesus sets the example for all of us that the greatest act of power and godliness is loving service towards others.

1. What is true about Jesus, according to this passage? How does Paul describe him here?

2. When did God exalt Jesus? Why do you think it was after his death, and not before?

3. Did it surprise you that the Bible described Jesus this way?

4. What feelings do you have about the word “service?” Does serving others come naturally to you?

5. How is the Spirit leading you to serve others more selflessly? Is there anything you need to confess about a time you did not serve, when you know you should have?

Day 2: Philippians 2:12-18

In these verses, Paul encouraged the church in Philippi to live their lives in a way that honors God. The church members had already received God’s free gift of salvation—they did not need to earn it. But even though their sins were forgiven, Paul did not want them to abuse God’s forgiveness by continually walking in darkness. Therefore, Paul commanded them to “work out [their] salvation with fear and trembling.”

Then, Paul addressed an issue that was just as common for the early church as in the modern church: division. He encouraged them to “do all things without **grumbling** or **disputing**” (note the distinction). For Paul, it didn’t matter whether a Christian was in a private setting or a public one; he wanted all believers to speak highly of one another regardless of who was listening. By treating their Christian brothers and sisters well, the church would reflect God’s character “in the midst of a crooked and twisted generation.”

1. How does knowing that God works in us affect the way we view our ability to accomplish His will (v. 13)?

2. According to Paul’s instruction in verse 16, how can we guarantee that our labor is not in vain?

3. Paul began verse 14 by highlighting the importance of avoiding grumbling and disputing. What attitudes did Paul highlight in verse 18? Why is unity important within the church?

In Philippians 2:12-18, Paul emphasized how our lives should look radically different than they did before we repented from our sins. Additionally he knew that, if Christians were working against each other, the entire church would suffer as a result. We cannot overstate the importance of choosing peace over division. As you reflect on today's text, consider these questions:

4. In what ways have you changed your behavior or attitude since becoming a Christian? What is one area of your life that you still need to surrender to God?

5. How can you choose to love others and promote unity with other believers?

Day 3: Philippians 2:19-20

As you read this passage, you'll notice this section of Scripture seems more like travel plans than Bible verses you'd want to study. However, the Bible says that "all Scripture is breathed out by God, and profitable for training, reproof, correction, and training in righteousness" so we believe that even these practical passages are important (2 Tim 3:16). Here, Paul is writing to tell the Philippians that he is going to send Timothy to them. Look at how he described Timothy's heart here: "I have no one like him, who will be genuinely concerned for your welfare." What a testimony of Timothy's character.

1. What attitude does Paul seem to have about Timothy's character?

2. Do you usually think of the people in the Bible having good friends? Why or why not?

3. What do you think "genuinely concerned for your welfare" means?

Paul wanted to send Timothy to the Philippians because Paul was confident that Timothy would care for them well. Take a moment to think about how you care for others. Do you think you could be described as “genuine?” When you serve others, is it purely motivated by concern for others, or do we want others to see us serving? Jesus speaks to this in Matthew 6:1: “Beware of practicing your righteousness before others in order to be seen by them...” Timothy had one concern in service—do you?

4. Take a moment to think of your friendships. Could you be described as a good friend? Are you loyal, kind, forgiving, and selfless? Or are you full of gossip, critical, grudge-holding, and selfish?

5. Who could you serve today for no reason other than “concern for their welfare?” No recognition, no posts on Instagram, no “thank you”—is there anyone you can serve?

Day 4: Philippians 2:21-24

Think back to yesterday's passage: Paul is hoping to send Timothy to the Philippians to care for them because Paul trusts Timothy's pure motivations in service. In this passage today, Paul continues telling them of his plans and praising Timothy's character. Timothy and Paul have worked alongside one another, "as a son with a father..." Paul uses strong language to describe their friendship that may seem out of place to us. People in communities like ours, especially in the south, often keep people at a distance. We are slow to trust, hesitant to build deep relationships, and often settle with being very lonely. That's not the Biblical model of the church.

When the Bible speaks of Timothy, it speaks of his mother and his grandmothers' faith in God (2 Tim 2:5) and that his father was "Greek," likely communicating that his father was not a believer (Acts 16:1-3). Timothy did not have a spiritual father through biology, but the Kingdom of God had given him one in Paul. This is the kindness of our Heavenly Father displayed through his church, and we were meant to enjoy these gifts, too.

1. God the Father gives us the church as a gift. When you think of church, what do you think of? Have you experienced the church as a gift and provision from God, or does it seem more like a burden?

2. Who is a "spiritual father" to you? List them here if you can think of them:

3. The best relationships in the church are formed by “serving with [them] in the Gospel” like Paul and Timothy did here. Who, if anyone, do you serve alongside for the Gospel?

There are many of you who may actually be “fatherless” for any number of reasons: death, divorce, sin, or brokenness of some kind renders many children without a father. But we are not meant to go through life without spiritual fathers. Our Father, the God in Heaven who loves and cherishes you supremely, is sufficient to fill every void that sin creates in our lives. But the Father also intends to use his church as a gift to fill these holes, too—if you are missing this in your life, lean into the church as the good gift it was meant to be. Seek wise men (and women!) to learn from. Share your burdens with them. Ask them to pray for you. If you need help with this, or need someone to talk to, please reach out to the student staff at Church at the Mill. We would be delighted to “serve with you in the Gospel.”

Day 5: Philippians 2:25-30

This passage is a continuation of Paul's travel plans that we have been studying this week. Here, Paul transitions from talking about Timothy and tells the Philippians about a man named Epaphroditus, who the Philippians know and have seen before (v. 28). Paul describes him as a "brother," a "fellow worker," and a "fellow soldier." He, like Timothy, is a man that Paul has done ministry with and trusts. Paul tells the church that Epaphroditus was sick, so sick that he nearly died, but that "God had mercy on him." Note here the emotions that Paul conveys: "I would have sorrow upon sorrow" and "I am eager" and "you may rejoice" and "I may be less anxious..." Paul both has these feelings and acknowledges them in others. This passage shows us Paul, a hero of the faith, feeling sorrow and anxiety and joy all at once.

1. Look at how Paul describes Epaphroditus and list what we know of him here:

2. What do you think it means to "receive {someone} in the Lord with much joy?"

3. What do you think it means to "receive {someone} in the Lord with much joy?"

Often we think that to follow Jesus and be a “good Christian,” we have to reject all of our feelings and follow Jesus like a robot. But this passage paints a different picture of obedience. Paul had all of these feelings, but he did not let them dominate him or sway him from his purpose. Following Jesus is not about numbness, but about learning how to align our feelings back to truth when we get swayed. Paul displays that well here, and gives us as readers the permission to feel.

4. Do you struggle more with numbness towards feelings, or feeling them so deeply that they cause you to sin?

5. Think about your obedience to Jesus and his Word. Do you find commitment to obeying Jesus difficult? Think about Epaphroditus, who almost died in serving the Gospel: are you that committed to obedience? Ask the Lord to grow your faith today!



WEEK THREE

PHILIPPIANS

3:1-4:1

Day 1: Philippians 3:1-6

Chapter 3 opens with Paul reminding the church to remain joyful. Then he transitions to warning the believers to guard themselves from anyone who may try to derail their walk with the Lord. Paul's words are just as applicable to us as they were to his original audience. When we ask for our sins to be forgiven, we acknowledge that we cannot place confidence in ourselves. We are sinful, and nobody—not even Paul—avoids temptation after their conversion.

Paul was raised in a Jewish household, he had been circumcised on the eighth day (a sign that his parents were committed followers of God), he had received formal education in Old Testament law, and he was so convinced he had a genuine relationship with the Lord that he imprisoned Christians (who he initially accused of spreading misinformation about God). In spite of his remarkably impressive upbringing and credentials, even Paul recognized that God was the one who he could place his confidence in.

1. Verse one begins with “finally,” connecting it back to yesterday's reading. How does 3:1 relate with the text that comes before it?

2. Why did Paul instruct the believers in Philippi to look out for false teachers (v.2)? Why should we listen to Paul's advice?

3. In verse six, Paul says that he was “blameless” under the law, referencing how closely he obeyed the Old Testament. Why should we avoid placing confidence in ourselves, even if we regularly keep God’s commandments?

In Philippians 3:1-6, Paul emphasized that God should be the source of our confidence. Moreover, he said that no amount of formal training or religious upbringing made him self-reliant. As you reflect on today’s text, consider these questions:

4. How are you guarding yourself from negative influences or “evildoers”? Do your friends bring you closer to God or further away from Him?

5. In what ways do you put confidence in your “flesh”? How can you humbly acknowledge your shortcomings in light of God’s strength?

Day 2: Philippians 3:12-16

Paul is continuing his idea about the righteousness that can only be found through Christ and not the law. He proceeds to explain that this is the prize of life, to dwell with God in eternity through Christ's righteousness. Paul is teaching that the everyday Christian needs to focus on what is before us, so that we may be matured into who Christ has called each believer to be and do. The teaching of these verses reveal that the Christian life is not one of stagnant behavior, but it is and should be filled with life change leading to being further conformed to the image of God.

1. What does this passage reveal about the Christian life?

2. Why does Paul say that he has not fully received the goal that he strives for?

3. What is the call of God that Paul is referring to?

The Christian life is tough. There are many days where you may feel like you are just stuck in the past, but in this passage Paul gives us a solution to that problem. As Christ followers, we need to focus our inward gaze on Christ, His righteousness, and His calling on each believer. As time progresses and we focus on Jesus rather than the world, we gain strength to stand despite the hardships that we may face attempting to bring us down.

4. What does it mean for you to forget the past? How can you be faithful to that?

5. How can you focus your inward gaze on Jesus today?

Day 3: Philippians 3:6-11

Paul just finished discussing how if anyone should have confidence in the flesh in actions to become more holy and righteous, then it would be Paul—but Paul then says that all that he has in works are worthless when compared to knowing Christ. Even the most worthwhile physical things Paul counts as worthless so that he may know Christ. Paul wants to be found in Christ such that he may have a righteousness, not of his own which comes from works under the law, but rather from faith in Christ. Paul wants to know Christ and the power of His resurrection. Paul wants to share in the sufferings of Christ and be like Christ in His death, so that Paul could attain resurrection from the dead.

1. What does Paul count as loss for the sake of Christ?

2. Who does Paul want to know?

3. Why does Paul want to trade the things he counts as loss for the sake of knowing Christ?

In Philippians 3:8, Paul writes “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”. Paul is encouraging the Philippians to count anything that is not helping them to know Christ as rubbish so that they may know Christ as fully as possible and to gain Christ, likewise we should do the same. Paul also wants them and us to do everything and anything possible to know Christ so that we may be resurrected with Christ. Consider the following questions:

- 4. What are some things in your life that you count as more than trash such that they are prohibiting you from knowing Christ more?

- 5. What are some ways that you can know Christ more and obtain the power of Christ’s resurrection? Why would you want to attain the power of Christ’s resurrection?

Day 4: Philippians 3:17-19

These verses reveal that Paul is urging the believers at the church in Philippi to be imitators of him as they pursue Christ further. He reveals the importance of following one who is an example in pursuing the righteousness of Christ. Following an example such as Paul would allow the church to keep straight on the pure path of righteousness.

Within that, Paul writes that he weeps over those whose end is destruction and separation from God. These individuals are people who are too caught up in the world past, present, and future. Paul is calling the church to a higher purpose of denying the world and following in the footsteps of himself and more importantly, Christ.

1. What does it mean to be an imitator of Paul or any individual?

2. Why is it important to have an example to follow in life?

3. How does the world lead people astray from becoming who God wants them to be?

Following Christ when you do not have a good example of someone that does can be difficult. Paul knows this, and that is why he is painting the picture of imitation in the life of the believer. Have you ever walked in the snow, mud, or water? When you step in areas such as that, it can be hard or take a lot of time to get where you need to go. But when you have someone who is going before you making steps in the path, you can continue pressing on easier because the path has already been made. All you need to do is keep walking. This is what Paul is bringing to light, we need to follow him and other strong believers who are ahead of us so that we may navigate through life better.

4. Who is someone in your life who is a strong Christian that you could imitate? How can you follow them?

5. What does it take to be someone who can be followed? Who can you lead to follow in your footsteps?

Day 5: Philippians 3:20-4:1

Paul's encouragement to the church in this passage is to "stand firm." We know this because it is the only command in these verses—after telling them of their identity (v.3:20-21), he gives them a command: "stand firm in the Lord." Remember that the church in Philippi is facing immense persecution, and needs the reminders to stay faithful even amidst hardship. Notice also Paul's pattern: Paul affirms them and tells them who they are before telling them to remain committed to the cause of Christ. What identity does he give them?

1. Look at verse 20. Where is their (and our!) citizenship?

2. What does verse 21 say will happen to our physical bodies?

3. What does "citizenship" mean?

4. Look at verse 4:1—how do you think Paul feels about the church in Philippi?

5. What “power” is able to “transform our lowly bodies to be like his glorious body?” What does it mean that “all things” are “subjected to Christ?”

According to this passage, our “citizenship is in heaven.” What does it mean to be a citizen? It means that we, as citizens, receive every right, every opportunity, and **all** the riches that come with belonging to heaven. Our identity is not rooted in what we accomplish on earth, the things we have done, or the things that have been done to us—our identity is rooted in who we belong to. The book of Ephesians tells us that we are “seated with Christ in the heavenly places,” and the author of Hebrews tells us that we belong to “a better country, a heavenly one...” Yes, we live our lives here on earth but the greater reality, the better truth about us, is that our identity is completely anchored in Christ.

“Therefore, my brothers, who I love and long for, my joy and my crown, stand firm thus in the Lord, my beloved.”

WEEK FOUR



PHILIPPIANS

4:2-23

Day 1: Philippians 4:2-7

In this passage, the Apostle Paul urges two women, Euodia and Syntyche, to settle their disagreement and be united in Christ. He appeals to a fellow believer to help them reconcile, emphasizing the importance of harmony within the church. Paul then calls all believers to live with joy in the Lord, to be gentle, and not to be anxious about anything. Instead of worrying, they are to bring everything to God through prayer, with a spirit of thankfulness. As a result, God’s peace—which goes beyond all understanding—will guard their hearts and minds in Christ Jesus.

1. What specific things does Paul tell the believers to do in verses 4-7?

2. What does Paul say will happen if we pray and give our worries to God with thanksgiving?

3. In verse 5, Paul says “Let your gentleness be evident to all.” What do you think “gentleness” means in this context, and why might it be important right after he talks about conflict between two people?

4. Is there someone in your life that you've had a hard time getting along with? How can you take a step toward peace and unity, like Paul encourages Euodia and Syntyche to do?

5. When you feel stressed or anxious (about tests, friendships, sports, etc.), do you usually turn to God in prayer? What would it look like for you to give your worries to God and trust Him to bring peace?

Day 2: Philippians 4:8-9

In this passage, Paul writes about the importance of dwelling on the things of God, emphasizing that they should imitate himself in thinking on the things of God and actively dwelling in his peaceful presence. He says to “think” on the things that are “excellent” or “worthy of praise,” rather than dwelling on things that God would not want us to, things that are dead and worthless compared to God. David wrote about this in Psalm 1:1-2: “Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.” Those, like Paul, who choose to not live in sin but live obediently, David writes, are blessed. Those who dwell in God’s word, thinking on what is “excellent” and “worthy of praise” day and night, they are the ones who experience God’s favor for them, verse 3 of Psalm 1 stating that in all that they do, they will prosper. Blessed are those who dwell in the things that are “true,” “honorable,” “just,” “pure,” - they will prosper, because their dwelling and rest are found in God’s peaceful presence.

1. What are some specific things that are true, honorable, just, pure, etc.?

2. What does it mean to “think” about these things?

3. In verse 5, Paul says “Let your gentleness be evident to all.” What do you think “gentleness” means in this context, and why might it be important right after he talks about conflict between two people?

4. Is there someone in your life that you’ve had a hard time getting along with? How can you take a step toward peace and unity, like Paul encourages Euodia and Syntyche to do?

5. When you feel stressed or anxious (about tests, friendships, sports, etc.), do you usually turn to God in prayer? What would it look like for you to give your worries to God and trust Him to bring peace?

Day 3: Philippians 4:10-13

In this passage, Paul talks to the Philippians about the importance of being content in Christ through every circumstance that the world throws at them, but especially through persecution. It's important to note that Paul is in a pretty sticky situation while writing this: sitting in a jail cell, likely sitting in his own feces (or someone else's), surrounded by criminals, having been arrested for sharing the Gospel. Still, he remains steadfast. Still, he remains at peace. Still, he proclaims one thing, and one thing alone: "I can do all things through Christ who gives me strength" (v. 13). Imagine, sitting where Paul was because of Christ, still proclaiming His name. Proclaiming what He had done. Proclaiming Jesus' love for those who were listening. This same love that had saved and changed Paul, the same love, even in moments like that, being where he found his rest. This is why Paul writes that he isn't in need, and how he faces plenty and hunger, and the lowest points he can come to. In one of his most famous sermons recorded in the Bible, Jesus, Paul's source of peace, speaks of those who face persecution, those who are hated for the sake of the Gospel, stating that their reward is the kingdom of heaven (Matthew 5:10-12). For those who find their contentment in Christ, no matter what comes their way, they can be content knowing that they have a coming reward, secured by their salvation, given by Christ, and Christ alone.

1. Where is Paul writing this from?

2. What state-of-being does Paul say that we are to be in "in any and every circumstance" that we come to?

3. From whom does this come from? Specifically, why can we find this through him?

4. What are you putting in the place of Christ that's keeping you from being content in all things?

5. Are you still seeking to be content in Christ even when life feels like it's going good?

Day 4: Philippians 4:14-18

After you read this section, look back at your notes from the past couple days, and reread some of the scripture building up to this point. We are at the end of the book, so we are now seeing how the book works together to provide an overall theme. Paul here is thanking the Philippians for their work in helping Paul share the gospel. He makes it clear in verses 17-18 that the best 'gift' he got from Philippi was not money, but 'a fragrant offering, a sacrifice acceptable and pleasing to God.' The best thing he got was watching the church he loved grow into mature Christians.

1. What trouble is Philippi helping Paul with?

2. What is Philippi doing that is good?

3. What does Paul want for Philippi?

If we know that the church of Philippi's maturity and willingness to give was such a good thing, we have to take note of what Philippi was doing so we can replicate it. So our application from this section is going to cover two things: first, what do we do, and second, how do we do it. Application is a mix of knowing what to do and how to do it- pray through these questions as you answer them.

4. Look back to your answer from question 2. What should you be doing to be like Philippi? Try to answer a little deeper than just 'giving.' Giving what? What can you, as a high school or middle school student specifically, give? Who are you giving to?

5. Look back to your last question. How are you going to do that? Be specific! Come up with an actual plan. What can you do starting today?

Day 5: Philippians 4:19-23

What do you need? Think about a list of things that you need to survive—not things you like, or comforts you would prefer, but things you actually need. The list is actually pretty long. We need food, water, and shelter. We need to sleep, and we need to be able to see, hear, smell, etc. These are our physical needs. Then there are emotional needs: we need to be cared for, we need to be loved, we need to feel safe, etc. All kinds of brokenness and sin happens when our emotional needs are unfulfilled. We are needy people.

And what does this passage say about our needs? “My God will supply every need of yours according to his riches in glory in Christ Jesus.” Every need of ours will be supplied in Christ. And how will he supply these needs? “According to his riches in glory in Christ Jesus”—the riches of Christ are so abundant that our God is able to supply our needs out of Christ’s overflow. All of us, needy people, fully supplied in Christ.

There is something else here that is worth mentioning—do you remember in Week 1 when we read about how Paul’s “imprisonment was for Christ?” He tells the Philippians there that “it had become known to the whole imperial guard that his imprisonment was for Christ.” In his last sentences to the Philippians, Paul gives us an update: “all of the saints greet you, especially those of Caesar’s household.” Not only has the “imperial guard” come to know the Gospel, but even people in “Caesar’s household” have come to know Jesus. Look at how Jesus turned suffering into glory, as he always does!

1. Which word in verse 19 stands out to you the most?

2. How does Paul describe God in verse 4:20?

3. Does it feel like God provides for every one of your needs?

4. Overall, what did you learn from studying the book of Philippians?



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