

*The Book Of*  
*Philippians*



*Welcome to Good Morning Girls! We are so glad you are joining us.*

**G**od created us to walk with Him, to know Him, and to be loved by Him. He is our living well, and when we drink from the water He continually provides, His living water will change the entire course of our lives.

*Jesus said: "Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." ~ Johns 4:14(ESV)*

So let's begin.

The method we use here at GMG is called the **SOAK** method.

- **S** – The S stands for **Scripture** – Read the chapter for the day. Then choose 1-2 verses and write them out word for word. (There is no right or wrong choice – just let the Holy Spirit guide you.)
- **O** – The O stands for **Observation** – Look at the verse or verses you wrote out. Write 1 or 2 observations. What stands out to you? What do you learn about the character of God from these verses? Is there a promise, command or teaching?
- **A** – The A stands for **Application** – Personalize the verses. What is God saying to you? How can you apply them to your life? Are there any changes you need to make or an action to take?
- **K** – The K stands for **Kneeling in Prayer** – Pause, kneel and pray. Confess any sin God has revealed to you today. Praise God for His word. Pray the passage over your own life or someone you love. Ask God to help you live out your applications.

SOAK God's word into your heart and squeeze every bit of nourishment you can out of each day's scripture reading. Soon you will find your life transformed by the renewing of your mind!

Walk with the King!

**Courtney**, *WomenLivingWell.org, GoodMorningGirls.org*

***Join the GMG Community:***  
*Share your daily SOAK on*  
*Facebook.com/GoodMorningGirlsWLW*  
*Instagram.com/WomenLivingWell #WomenLivingWell*

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## GMG BIBLE COLORING CHART

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<b>COLORS</b>	<b>KEY WORDS</b>
<b>PURPLE</b>	God, Jesus, Holy Spirit, Saviour, Messiah
<b>PINK</b>	women of the Bible, family, marriage, parenting, friendship, relationships
<b>RED</b>	love, kindness, mercy, compassion, peace, grace
<b>GREEN</b>	faith, obedience, growth, fruit, salvation, fellowship, repentance
<b>YELLOW</b>	worship, prayer, praise, doctrine, angels, miracles, power of God, blessings
<b>BLUE</b>	wisdom, teaching, instruction, commands
<b>ORANGE</b>	prophecy, history, times, places, kings, genealogies, people, numbers, covenants, vows, visions, oaths, future
<b>GRAY</b>	Satan, sin, death, hell, evil, idols, false teachers, hypocrisy, temptation

## **Introduction to the Book of Philippians**

The Book of Philippians is a book of joy. Paul used the words joy and rejoicing 17 times! This book will encourage you to find joy in Christ and live out your faith in the midst of challenging circumstances. It offers practical guidance for Christian living and emphasizes the importance of Christ-like humility and selflessness. This letter to the Philippians reminds us to pursue contentment as a unified body of Christ. It also serves as a warning against the dangerous heretical teachings that were threatening to infect the church.

Paul wrote this letter to the church in Philippi, a prosperous Greek city near the island of Thasos. During his second missionary journey, he established the Philippian church, which proved to be a comfort and help to him in hard times. Unlike other letters that Paul wrote, he is not rebuking them or responding to troubles in their church, instead he is thanking them for their gifts and support and encouraging them on to maturity in their faith.

Paul penned this letter while being held prisoner in Rome. He had been arrested in Jerusalem and was held in Caesarea for two years while waiting for his appeal to Caesar. During this time, he was chained to a Roman guard for 24 hours a day; many of whom were from Caesar's household. Paul took this as an opportunity to share the gospel with a literal captive audience. Even though Paul spent two years as a prisoner in Rome, he didn't allow his joy to be dampened.

### **The Purpose:**

While Paul first and foremost wrote this letter to thank the Philippian church for their generous gift, he also used it as an opportunity to call them to unity and greater spiritual maturity.

**The Author:** The Apostle Paul

**Time Period:** Around A.D. 61

**Key Verse:** Philippians 4:13

I can do all things through him who strengthens me.

## **The Outline:**

- 1. Salutation (1:1-2)**
- 2. Thanksgiving and Prayer (1:3-11)**
- 3. To Live is Christ (1:12-30)**
- 4. Walk in Humility and Unity (2:1-30)**
- 4. Righteousness Through Christ Alone (3:1-11)**
- 5. Press Toward the Goal (3:12 -4:1)**
- 6. The Attitude and Conduct of a Christian (4:2-9)**
- 7. God Provides (4:10-20)**
- 8. Conclusion (4:21-23)**

As we study the book of Philippians together, we will see how despite our circumstances, we can still maintain a heart of peace, joy, and contentment when we choose to keep our eyes focused on Christ.

God wants to give us peace, joy, and contentment that flows from the inside out, so that as we walk through hard times, or even persecution, our hearts are not influenced by what is happening around us.

So, let's get started studying His word. Be sure to set aside at least 15 minutes a day for your reading. I can't wait to see how God reveals himself personally to each of us, as we read the book of Philippians together.

Keep walking with the King,

*Courtney*

# Philippians Reading Plan

## Week 1 – Chapter 1

Day 1: 1-2  
Day 2: 3-11  
Day 3: 12-18  
Day 4: 19-26  
Day 5: 27-30

## Week 2 – Chapter 2

Day 1: 1-4  
Day 2: 5-11  
Day 3: 12-13  
Day 4: 14-18  
Day 5: 19-30

## Week 3 – Chapter 3

Day 1: 1-3  
Day 2: 4-7  
Day 3: 8-11  
Day 4: 12-16  
Day 5: 17-21

## Week 4: Chapter 4

Day 1: 1-3  
Day 2: 4-7  
Day 3: 8-9  
Day 4: 10-13  
Day 5: 14-23

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## **PHILIPPIANS 1:1-2**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**



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## **PHILIPPIANS 1:3-11**

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**S – The S stands for Scripture**

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**A – The A stands for Application**

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## **PHILIPPIANS 1:19-26**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **PHILIPPIANS 1:27-30**

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**S – The S stands for Scripture**

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## **PHILIPPIANS 2:5-11**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

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## **PHILIPPIANS 2:12-13**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

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## **PHILIPPIANS 2:14-18**

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**S – The S stands for Scripture**

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## **PHILIPPIANS 2:19-30**

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**S – The S stands for Scripture**

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## **PHILIPPIANS 3:1-3**

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**S – The S stands for Scripture**

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## **PHILIPPIANS 3:4-7**

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**S – The S stands for Scripture**

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## **PHILIPPIANS 3:8-11**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

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**K – The K stands for Kneeling in Prayer**

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## **PHILIPPIANS 3:12-16**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

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## **PHILIPPIANS 3:17-21**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

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## **PHILIPPIANS 4:1-3**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **PHILIPPIANS 4:4-7**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **PHILIPPIANS 4:8-9**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

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## **PHILIPPIANS 4:10-13**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**



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## **PHILIPPIANS 4:14-23**

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**S – The S stands for Scripture**

**O – The O stands for Observation**

**A – The A stands for Application**

**K – The K stands for Kneeling in Prayer**

**Great job! You have reached the end of your study of Philippians. Rejoice! And keep walking with the King.**

