



# STUDY GUIDE

A CONVERSATION ABOUT

## *The Book of Philippians*

**WRITTEN BY:**

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# SEE HEAR LOVE

*with Melinda Estabrooks*

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# WEEK #1: LIVING IN COMMUNITY

BIBLE READING: PHILIPPIANS 1

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**MAIN THEME:** Healthy community means praying for one another and living in unity. We have been called to function as a community.

## BIBLE TEACHING NOTES:

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## PRACTICAL APPLICATION:

What does your prayer life look like?

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Are there rhythms that help you remember to pray for those in your community?

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Are there people in your life that you need to be connecting with (building a bridge with) because of this strong call to unity?

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**Let's Pray:**

Father, thank You for the gift of community. Help me to be a bridge-builder and a voice of gracious unity in the places You have planted me.  
Amen

# WEEK #2: LIVING A GENEROUS LIFE

BIBLE READING: PHILIPPIANS 2

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**MAIN THEME:** Christ's example is a blueprint for our lives. What He did for us compels us to live like Him.

## BIBLE TEACHING NOTES:

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## PRACTICAL APPLICATION:

Do I practise generosity with my time, energy, and resources?

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What things in my life are holding me back from living generously?

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How has generosity refreshed me? What do I feel God calling me to do?

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**Let's Pray:**

Dear Lord, thank You for showing me how I am to live and love the life You have generously given to me. I pray that today I will lean into the truth of how I am to live in order to show You to the people in my life. May I seek to be generous with my time and resources and most of all my love because of what You have done for me.

Amen.

# WEEK #3: LIVING WITH CONFIDENCE

BIBLE READING: PHILIPPIANS 3

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**MAIN THEME:** My confidence comes from knowing Christ Jesus, so I rejoice, and this informs how I authentically show up in the world.

## BIBLE TEACHING NOTES:

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## PRACTICAL APPLICATION:

Am I focused on my 'doing' or my 'being'?

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How do I harness true confidence?

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What do I need in order to leave the past behind and move forward with confidence?

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**Let's Pray:**

Dear Lord, thank You for the confidence I have because of Your work in my life. Today may I live in a way that reflects the confidence I have in You. Lord, help me to focus on being present with You so that everything I do is a reflection of You. I thank You for the work of the Holy Spirit in my life. Please help me to lean into it and become more like You.

Amen.



# WEEK #4: LIVING OUT OF FAITH

BIBLE READING: PHILIPPIANS 4

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**MAIN THEME:** Living out the faith results in peace.

## BIBLE TEACHING NOTES:

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## PRACTICAL APPLICATION:

Am I living out my faith (what I say I believe)?

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What do I want to be known for? (living to build our resumes or our eulogies?)

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Do I need to break a pattern of bad or toxic behaviour that's affecting my mindset?

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**Let's Pray:**

Father, You desire for me to live a life marked by Your peace. Would You show me any unhealthy ways of living or thinking that need to be eliminated from my life? I want to live out the faith I say I have.  
Amen.