The Letter of Joy

Philippians Chapter 1

Paul’s letter to the Philippians is regarded as a letter of thanksgiving and encouragement.

Monday:

List three things you are thankful for today…

1.

2.

3.

Tuesday:

List three people you know who could use some encouragement and the way you are going to encourage them.

1.

2.

3.

Wednesday:

According to the Ignatius Catholic Study Bible, “Much of this letter challenges the Philippians to grow in spiritual maturity by imitating both their Savior & their founding apostle.” Define what “Spiritual Maturity” means to you.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thursday:

Paul reminds the Philippians in verse 29 that their faith in Christ in a gift…so is suffering. Recall a time in your life when you were going through a great trial but in hindsight, you can see the treasure that came from that trial.

---------------------------------------------------------------------------------------

---------------------------------------------------------------------------------------

---------------------------------------------------------------------------------------

Friday:

“Scripture depicts suffering as a privilege (Acts 5:41) and so challenges us to embrace it and not simply endure it.” (Ignatius Catholic Study Bible) Ask God to give you the grace to embrace some trial, suffering or minor affliction you have been enduring. Seek, consider and praise Him for the graces received in and through the trial.

---------------------------------------------------------------------------------------

---------------------------------------------------------------------------------------

---------------------------------------------------------------------------------------