The Letter of Joy

Philippians Chapter 2

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

Monday:

This chapter begins exhorting us to be of one mind. “This ideal can become real only if humility and service take the place of pride and selfishness…” (Ignatius Catholic Study Bible). What sins of pride and selfishness need to be confessed? Write down one area in your life where you need to practice the virtue of humility more and one specific example of how you are going to do just that.

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Tuesday:

In verse 11, Paul states “…and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” What are you confessing on a daily basis? Matthew 15:18 states that what comes out of our mouth begins in our heart. We cannot be joyful—joy filled, if the thoughts of our heart and mind…and thus our words, are negative. *Pay close attention to what you are thinking and saying today.* Purpose to make the words of your mouth and the meditations of your heart pleasing to God. (Psalm 19:14)

Wednesday:

“…for God is at work in you, both to will and to work for his good pleasure.” I know sometimes life can seem so painful—not seem—BE so painful. But take heart…God is at work in you! Those five words should fill us with joy. The Creator—our Creator—didn’t just make us and forget us…we’re not some infomercial cooker. We are a beautiful, wonderful, child of God and He keeps His eye on us every minute of every day.

Thursday:

“Do all things without grumbling or questioning…” I’ve had some conversations recently about living “tight fisted.” You know, thinking it all depends on me…well, not really thinking that consciously, but living like it. What if I just approached today without grumbling or questioning? No heavy sighs, rolling eyes or putting something down just a little too hard. No “Why’s…What for, What if…or How come?” I’m betting my joy is going to increase as my spirit of grumbling and questioning decreases.

Friday:

Verse 16 speaks about holding onto the “word of life.” Yes, words of life…life words…those are definite joy increasers. Dictate a sentence to yourself, a death sentence you speak to yourself daily. Now replace those words of death and destruction with words of life, healing, comfort, and joy.

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