

## 8. QUESTIONS    HOW TO COPE WITH LIFE

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1. **Have you ever been surprised at an expression of support or affection?**
2. Read Philippians 4:10-20.  
In verse 10 Paul is rejoicing again! What is it that inspires the joy? Go back through the letter and note the various situations and concepts that inspire joy.
3. Some commentators sense an awkwardness that Paul has in talking about money.
  - a. What gives them this impression?
  - b. Why do we sometimes feel awkward about talking about financial matters?
4. **See verses 11-13.**
  - a. When do you feel the most content?
  - b. What is Paul's secret for being content in every situation?
5. Verse 13 appears to be a gross overstatement? What difference does it make when you read the verse in its context?
6.
  - a. What has been the most difficult situation you have faced this year?
  - b. Did God strengthen you? How?
  - c. Did God use other people or events in that process?
  - d. What did you learn from this experience?
7. The Philippians sent a gift to Paul via Epaphroditus.
  - a. What did that gift mean to him?
  - b. What is the hint in the text that such a gift was also an act of worship?
8. How would the giving have helped the Philippian Church? (See verse 17 and 2 Corinthians 9:6-15.
9. Verse 19 is commonly used by those embarking on a form of Christian service as an encouragement to live by faith. Do you think that is Paul's original meaning?
10. Skim back through all of Philippians.
  - a. How do you feel about the letter in general?
  - b. What is your favourite verse?
  - c. What aspects of this series have had the greatest impact on you?

### PRAYER SUGGESTIONS

Forgive us Lord for taking so many things for granted. Thank you for caring and providing so fully for us.  
Thank you, Lord, that no matter how deep my distress, your comfort is always sufficient.  
Thank you that we may live confidently, aware of your presence.  
Thank you for those smiles and encouraging words given by others.  
Lord, keep me grow and change to become the person you desire me to be.  
Father, although I may not always be conscious of your presence in my life, I can, looking back, see that you have always been with me. Give me the desire and strength to reach out to others.  
Thank you for walking with me every day. Please don't let me ever think I can stand by myself and not need you.  
Thank you for the promise of Heaven. Help me remember each day I am not just walking through life, but preparing for eternity  
Thank you for the guidance of your Holy Spirit.