

## Worksheet:

# Learning from Paul in Philippians

Rejoice in the Lord always. I will say it again: Rejoice!  
—Philippians 4:4

*In this worksheet we will break down Paul's example of joy into bite-sized pieces. We will consider seven different situations in which Paul chose joy and then write down what his example teaches us. Then we will apply those lessons to similar situations we ourselves may be currently facing or may have faced in the past, seeking to learn and to set our minds on joy.*

1. Paul's joyful memories in spite of the sufferings he endured to establish the church in Philippi. *What I can learn from this and apply to my life and thinking:*

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2. Paul's decision to rejoice while being imprisoned, knowing the gospel is advancing even more. *What I can learn from this and apply to my life and thinking:*

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3. Some ministers were preaching zealously so that the Romans will treat Paul worse, yet Paul was joyful. *How I can I apply this to my life and thinking:*

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4. The illness of Epaphroditus—the distress that came with it; the fact that God still brought good from it. *What I can learn from this and apply to my life:*

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5. Paul's decision to urge others to rejoice in spite of false teachers. *What I can learn from this and apply to my life and thinking:*

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6. Paul's joy in spite of the conflict between two of his dear fellow workers. *What I can learn from this and apply to my life and thinking:*

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7. Paul's joy even though he was currently receiving financial support from only one church he had planted. *What I can learn and apply to my life and thinking:*

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