

Daily Worship Booklet

May 5th – May 9th, 2025

The Book of Philippians

Pressing on towards the goal for the prize of the upward call of God in Christ Jesus!

September 15, 2024

God tells us that Ezra read from the book of the Law, day after day, and the people of God were filled with joy.

Westminster Shorter Catechism

Question 27: Wherein did Christ's humiliation consist?

Answer: Christ's humiliation consisted in his being born, and that in a low condition, made under the law, undergoing the miseries of this life, the wrath of God, and the cursed death of the cross; in being buried, and continuing under the power of death for a time.

Scripture Proofs:

Luke 2:7; 2 Corinthians 8:9; Galatians 4:4; Isaiah 53:3; Luke 9:58; John 4:6; John 11:35; Hebrews 2:18; Psalm 22:1; Matthew 27:46; Isaiah 53:10; 1 John 2:2; Galatians 3:13; Philippians 2:8; Matthew 12:40; 1 Corinthians 15:3-4.

Comment: There are a number of parts to the humiliation of the Lord Jesus Christ.

1. In his leaving heaven and becoming man.
2. In taking upon himself the role of a servant.
3. In being subject to God's Law.
4. In suffering the difficulties of life on earth, especially in that he hid the fact that he was God.
5. In being crucified.
6. In being buried and remaining in the grave for three days.

Psalm of the Week: Psalm 146B. The words are on page 8.

Please pray for:

Mon - Andrew and Heather, Caitlin and Catherine Quigley

Tues - Louise Rock

Wed - Lorna Russell

Thur - Sean Russell

Frid - Jack and Meghan Scott

Bible Questions for the week:

1. Who did Isaac marry?

Answer - Genesis 24:67

*We are studying Philippians, using notes written by
Rev. Philip Dunwoody, an RPC Ireland minister.*

Please pray for the Holy Spirit's help as you study God's Word.

Monday - Philippians 4:7b-9: Think About Your Thoughts

Some people are fond of saying, "You are what you eat", emphasizing the importance of a healthy diet. Today, Paul tells us, "You are what you think about". Our thoughts determine our actions and our priorities in life, so we need to think about what's going on in our minds.

Paul emphasizes guarding our hearts and minds (see end of verse 7). In Scripture, the heart is the inner person, the centre of who we are. The word "heart" often refers to the same thing as "mind". Countless influences and experiences form that inner being. Many people in our culture do not realize how much their thinking is shaped by what they look at on their phones or TV screens. Some of these things might even have become idols in their lives.

We must therefore be careful about what we allow our eyes to look at, our ears to hear, and our minds to think about. This leads to the practice of godly thinking (verse 8). Christians are often accused today of not being great thinkers - sometimes, that's a fair accusation. Ask the average Christian why the Old Testament matters, or what worship is or isn't, and they probably won't give a very good answer. But Christians should be thoughtful, careful, and curious people. First, we should consider what is true (verse 8). The first thing we must consider daily is God's Word - truth itself. There, we will see what is "honourable" and "just" and "lovely". Indeed, in Jesus, we will see all these things perfectly displayed. We may even find what is "honourable" or "commendable" in the world around us - an honourable way to work, or care for money - but we must always sift the practices of the world through the sieve of Scripture. We must consider what Jesus wants from me in my work, family, and church. What actions or words today will bring the most glory to God? We must avoid filling our minds and hearts with the deceptions and vanities of the world.

Question

1. Are Christians "lazy thinkers" today? Why or why not?

Memory Verse

"Rejoice in the Lord always; again I will say, rejoice." Philippians 4:4

Tuesday - Philippians 4:10-13: Christian Contentment

People confuse happiness with being content, but happiness isn't the same as contentment. True contentment is not about holidays, money, or possessions; if you speak to those who have the most, by the world's standards, they'll often say they want more, or that whatever they have doesn't make them truly happy. We need contentment, not just happiness. So, what's the secret?

Paul says that contentment starts with gratitude. For the remainder of this letter, Paul expresses his profound gratitude for all the Philippians did for him during his imprisonment (see verses 10, 14, 18). Believers, saved by God's grace through Christ, always have something to be thankful for. Christians should be the most grateful people, and gratitude leads to contentment. Paul also says that contentment is something to learn (see verse 12). There were times in Paul's life when things didn't go the way he'd hoped they would - to put it mildly (see 2 Corinthians 11:24-27). Paul had learned to be content in both "abundance and need". Notice there is such a thing as being content whilst having "an abundance". More and more money will not lead to more and more happiness; contentment is needed, whether we are princes or paupers.

Lastly, Paul says that to be content requires supernatural power. He says in verse 13: "I can do all [these] things through him who strengthens me". Paul is speaking about Jesus, our mighty King. He's not saying that Jesus will take all the obstacles out of our lives; he's saying that Jesus empowers us to be content in all circumstances, whether pleasant or painful. We can grieve through him who strengthens us; we can go to the mission field, cope with unemployment, get married, go to prison, lead a Bible study, all through the power that Jesus Christ provides. He will never leave us nor forsake us. In that, we can rest content.

Question

1. Why do we often feel a lack of contentment?

Memory Verse

"Rejoice in the Lord always; again I will say, rejoice." Philippians 4:4

Wednesday - Philippians 4:14-23: Joyful Generosity

Paul began his letter giving thanks to God for the Philippians (see chapter 1:3). He does the same thing as he brings his letter to a close. Paul speaks with great admiration and thankfulness for the generosity of the Philippian church. Acts 16 tells us about Paul's time in Philippi; you can read where he went next. As he travelled through the wider region, he says in verse 15 that only the Philippians supported him financially. Wherever he was, the Philippians sent him practical help.

Not only were they generous to Paul, but they were also sacrificially generous. In verse 18, Paul says he received even more than he needed. He describes their generosity as a sacrifice pleasing to God. Paul, one of Jesus' greatest ever servants, was funded by the tiny but generous church of Philippi. The Bible clearly states that generous giving is commanded and rewarded by God (see Proverbs 11:17, Luke 6:38, 2 Corinthians 8:1-15). Generous giving shows a heart marked by appreciation of the sacrifice of Jesus Christ, who generously gave his very life for us on the cross. This is one way you might be able to serve God in a wonderful way. You may not be called to be a preacher or missionary, but you can partner with those who are called by giving generously to their work.

As Paul closes his letter (verses 21-23), he gives us a fascinating glimpse of his situation: he says that "those of Caesar's household" send their greetings to the Philippians. God's Word was preached to and believed by soldiers, Romans, and even those who spent time with Caesar himself! What an encouragement for the Philippians: "every saint" in Philippi was contributing to the work of Jesus in the capital city of the world. Jesus, the generous and gracious Saviour, was building his church - and he still is today. He deserves all that we can give him in return.

Question

1. Why does Paul describe the Philippians as his "partners" (verse 15)?

Memory Verse

"Rejoice in the Lord always; again I will say, rejoice." Philippians 4:4

Thursday - Psalm 1: Happiness

Dr. Tim Donachie, a retired RPC Ireland minister, has written the notes on Psalms 1 and 2 for the next two days.

We live in days when boredom, depression and other forms of unhappiness seem to be very common indeed, and happiness is often thought to be found in things that only bring temporary relief. Many would question whether true and lasting happiness can ever be enjoyed. This first psalm gives us a key principle that can provide true happiness. The psalm's first word is 'blessed', but it could be translated as 'happy', so the psalm could be entitled, 'The Truly Happy Man'.

There is a contrast in the psalm, not just between the happy and the unhappy, but between the righteous and the unrighteous, and here we see the difference between God's perspective and man's. Righteousness is often associated with misery, and wickedness with 'having a good time'. Yet here it is, the righteous that enjoy a life of happiness on earth and eternal bliss in heaven, whilst the ungodly have an unfulfilled life on earth and eternal misery after death. The blessedness or happiness spoken of is to be achieved by rejecting certain ways of life and accepting others. He is to reject the 'wisdom' of the world; he does not base his life on the advice of 'celebrities' or lifestyle gurus. He goes where the people who do not know God go. He does not join in with them, especially those who make fun of his Lord. His delight is not wickedness, but the 'law of the Lord'. His guidance for life is found through his regular study of the Word of God.

Such a way of life is only possible for those whose sins have been forgiven through the Lord Jesus Christ.

Questions

1. Where can true happiness be found?
2. How can we find this happiness?

Memory Verse

"Rejoice in the Lord always; again I will say, rejoice." Philippians 4:4

Friday - Psalm 2: All Will Bow

Matthew Henry comments on the first two Psalms, saying that Psalm One is moral and shows us our duty, and Psalm Two is evangelical and shows us our Saviour. There is no indication of the occasion that gave rise to the writing of the Psalm, but it has been almost universally accepted as a Psalm that clearly points to the coming Messiah.

This is a Psalm of great comfort to the child of God, especially when it seems that the cause of God and truth is being attacked on every side, and it appears as though it will be overwhelmed. The nations do rage against God; they do seek to overthrow Christ and his church, and they ridicule the idea that the Lord Jesus Christ is king and must be submitted to in all things. Godless scientists and immoral philosophers may be highly regarded by a wicked world and applauded as they pour scorn upon Christ and his church, but this Psalm gives the proper response: The Lord shall have them in derision! When atheists come out with their bile against Christ and his church, just remember that the Lord in heaven is laughing at their foolishness.

It is not man who has the final say, with all his cleverness and power; God has placed his beloved Son as the King over all the nations, and his will will be done, and his purposes will be carried out. No matter how powerful they may seem, those who oppose his will will be forced to bow the knee and acknowledge Jesus Christ as King of kings and Lord of lords.

The important thing to remember is that all men will bow to Christ, either in repentance and love while on earth, or in terror and despair when he comes again.

Questions

1. How does this Psalm show us Christ?
2. What will all men do one day?

Memory Verse

“Rejoice in the Lord always; again I will say, rejoice.” Philippians 4:4

Psalm 146B

1. Praise the LORD, let all within me
Offer to the LORD His praise.
I will praise the LORD forever,
Praise my God through all my days.
Put no trust in earthly princes –
Mortal men who cannot save.
When he dies his thoughts will perish
Buried with him in the grave.

2. He who has the God of Jacob
As his help is truly blessed.
On the LORD his God forever
Will his hope securely rest.
God has made the earth and heaven,
And He also made the sea;
He made everything within them;
He is faithful constantly.

3. He will always render justice
For the sake of those oppressed.
He gives food to those who hunger,
Satisfies their emptiness.
Captive ones the LORD releases,
To the blind the LORD gives sight;
Those brought low the LORD will lift up,
He relieves them from their plight.

4. How the LORD loves all the righteous!
He protects the stranger's stay,
Helps the fatherless and widow,
But subverts the wicked's way.
Yes, the LORD will reign forever;
Zion's God forevermore,
Throughout every generation;
Hallelujah! Praise the LORD.