

August 8th -

**The Great Exchange**

**Philippians 3:2-11**

We gladly trade the refuse of our right living for the righteousness found in Christ. Why is it so easy to forget this in practical, every day living?

August 15th -

**Finishing Well**

**Philippians 3:12-4:1**

Many start off well in the Christian faith. But how many of us finish well? How do we live out our Christ-centered life keeping the end in view? How do we remember our citizenship?

August 22nd -

**Reconciliation of the Faithful**

**Philippians 4:2-5**

How do we handle difference between two people within the church? Especially when both are strong leaders? We learn the tough truth about tough leadership.

August 29th -

**From Anxiety to Peace, Part 1**

**Philippians 4:6-9**

More than a simple prayer, freedom from anxiety requires a focused mind.

September 5th -

**From Anxiety to Peace - Part 2**

**Philippians 4:6-9**

On this Labor Day weekend, we'll learn about the work required for a peaceful mind. Last weekend, we learned about the peaceful prayer. This weekend we'll talk about the mind focused on what is true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy,

September 12th -

**Contentment In All Circumstances**

**Philippians 4:10-13**

We need to learn how to be contented *even when we already have an abundance!* How often do we look for even more? The secret is the same whether I have much or have little: "My strength comes from God and not from stuff!"

September 19th-

**Financial Partnership**

**Philippians 4:14-20**

Why should we give to God's work of sharing the good news of the gospel? How does God supply His work? For those who are privileged to be a financial partner, "according to his riches [we] glory in Christ Jesus." We'll celebrate the end of summer with this harvesting message.

# Prison Letter

## Breaking Free For Life!

Summer 2010  
Study Series



# Philippians

Church  
Requel

✿ LIFE SENTENCES ✿

Paul's great letter to the Philippians is filled with life sentences for Christians. Over the course of sixteen weekends, we at Church Requel will dig deep learning all we can about following Christ, living life fully, and enjoying both immensely!



[www.ChurchRequel.org](http://www.ChurchRequel.org)

**June 6th -**

**How to Pray for Someone - Part 1**

**Philippians 1:3-8**

Do you sometimes find yourself limited to “sick prayers”? Pray for this illness. Pray for that sickness. Do you want to know how to really pray for people you love? In this first talk from Philippians, we’ll learn the seven foundation blocks for a healthy prayer life: Thanksgiving, Remembering, Dependence, Joy, Partnership, Confidence, and Affection.

**June 13th -**

**How to Pray for Someone - Part 2**

**Philippians 1:9-11**

Not only do we need to know the foundation blocks, but we also need to know our 7 purposes in praying: what do we ask for? Love, Knowledge, Discernment, Approval, Purity, Blameless, and Fruitfulness

**June 20th -**

**Advancing in the Setbacks**

**Philippians 1:12-18**

Things often don’t go as planned. What do we do when life doesn’t go our way? How do we find joy in the midst of difficulty? This is an especially important life lesson for all fathers to teach their children on Father’s Day.

**June 27th**

**The Inside-Out, Upside-Down Life**

**Philippians 1:19-26**

Living as a Christ follower is different than we expect. Our loss becomes victory, our death becomes life, our presence on Earth can mean separation from Christ, while our death can mean togetherness with Christ. How do we remember these truths when life becomes inside-out and upside-down?

**July 4th -**

**Our Personal Declaration of Independence**

**Philippians 1:27-30**

On this Independence Day, how can we declare our own freedom from a self-centered life? We’ll learn the five parts of our own freedom contract: standing firm in the Spirit, one mind striving side by side, not frightened by opponents, suffering for His sake, and engaged in the conflict.

**July 11th -**

**One Mind of Humility**

**Philippians 2:1-5**

It’s really easy for us to forget that we’re not the center of the universe. How do we take ourselves out of the center of everything? Follow the example of Christ. We’ll “orbit around” the humility of the Son.

**July 18th -**

**Christianity’s First Hymn**

**Philippians 2:6-11**

Did you know that most scholars believe these verses represent one of the first recorded Christian hymns? Like us, those early Christ followers wanted to remember to follow the example of Christ.

**July 25th -**

**Working Out Our Salvation**

**Philippians 2:12-18**

These are verses with which some Christians, dependent entirely upon the grace and mercy of Christ for their salvation, might struggle. But that shouldn’t be so. We work out our salvation with fear and trembling, while at the same time, God works in us. We’ll examine the beauty of this pragmatic paradox.

**August 1st -**

**Honoring Faithful Men of God**

**Philippians 2:19-3:1**

We believe in the ministry of all the saints. But throughout history, men and women have been called into full-time ministry and into church leadership roles. How should we honor and respect such dedicated servants?