

Christian student ministry workers in Sweden developed a series of questions to ask when reading a Bible passage. Called the “Swedish Method” because of its origins, these questions can be used when reading the Bible by yourself or with others.

The daily readings in this family worship guide have a few questions. However, we encourage you, as appropriate for your family, to ask the following general questions of the text each day.



Is there something that ‘shines’ from the passage—whatever impacts most, or draws attention?



Is there something you don’t understand, or a question the passage raises in your mind?



Is there a personal application to your life?



Is there something you plan to share with someone else – and who will you share it with?



How do ideas in the passage interrelate? Or with other passages in this book – or in the whole Bible?

Worshipping Together is part of the vision and is a ministry of the Reformed Presbyterian Church of Frankston, Victoria, Australia. frankstonrp.org.au bit.ly/WTrpcaf

The concept and layout draws heavily from *Let’s Worship God*, a ministry of the Reformed Presbyterian Church in Airdrie, Scotland. airdrierpcs.org

The readings are from Tim Chester’s 3-year weekly reading plan. bit.ly/WkBbl or bit.ly/3yrBbl

The quote on the cover is from the article *What Shampoo and Family Worship Have in Common*, Written by Randy Greenwald, (Quoted from *Tabletalk* magazine, Nov 1997.)

Notes this week are drawn in part from commentaries on commentaries on Philipians by William Hendriksen, Gordon Fee, and Roger Ellsworth, and notes from the HCSB Study Bible, and the Reformation Study Bible

Worshipping Together



We love God because He first loved us.

And we love to tell God that we love Him.

Joyful and faithful worship together twice each Lord’s Day is the highlight of our week. We are glad that they said, “Let us go to the House of the Lord.” Corporate worship prepares us for the week and prepares us for Heaven.

In addition, we regularly worship God as families and as individuals.

One father put it this way:

The back of my shampoo bottle says, “Lather, rinse, repeat.” Simple enough that even I can do it. Though family worship may be a bit more complicated than shampooing hair, it ought not to be rated with “home dentistry” in the scale of difficulty.



If you could buy family worship in the store, it would come in the form of a Bible, and the directions would simply say, “Read, pray, repeat.” Men should gather their families at least once daily. They should read a portion of the Scriptures to them. And they should pray with them. There need be no fireworks or pizzazz to keep the kids interested. There needs to be only a father* with a heart-love for God – who desires to see that love appropriated by his children.*

Read, pray, repeat.

* Fathers leading their family in worship is always the goal. When, in the Lord’s providence, the father is absent or uninterested, a godly mother will lead her children

Reading

Philippians 4:1-3 Agree in the Lord

Notes
(See back page for authors)

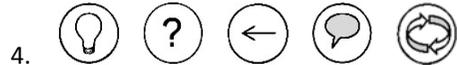
Paul is writing to the church in Philippi which God used him to start some 10 years earlier. He writes from prison (1:13) to instruct and encourage the saints here.

His love for them is seen throughout the book and enforced in v.1. As Hendriksen notes, *the Philippians are the joy of the apostle's heart because the fruits of the Holy Spirit are clearly evident in their lives*. In the spirit of this love and joy, Paul must give a corrective rebuke. Two women, unknown except for these verses, need to agree in the Lord. These women were faithful Christians who served Jesus and His gospel. But something had come between them.

As Paul urges them to agree in the Lord, he realises that they likely will need help in this. So, he enlists another member in the Philippian church, Syzygus, to help them. Again, Hendriksen comments that *in all probability...the apostle is making use here of a play on a name, for Syzygus means Yoke-fellow, a person who pulls well in a harness for two, and Paul is saying that Syzygus was true to his name*. We too must agree in the Lord – and may need to help and be helped by others in the church.

Questions
(see back page for explanation of symbols)

1. Why were the Philippians Paul's "joy and crown"?
2. What did Paul call Euodia and Syntyche to do?
3. How could this come about?



Praise Pray

Psalms 118e²

1. Pray that your church will agree in the Lord, by God's help
2. Pray for a member of your church
3. Pray for your family
4. Pray for a non-Christian friend/family member

¹ You will notice we only have a printed guide for 6 days. We recommend each Lord's Day you review the previous week's readings and/or the previous or current week's sermons and pray together

² Psalm selections are taken from the *Book of Psalms for Worship*. We encourage our congregation to sing the same selection each day for a week to gain familiarity with the selection

Reading

Philippians 4:21-23 The grace of the Lord Jesus Christ

Notes
(See back page for authors)

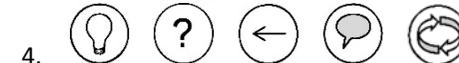
Paul now sends his final greetings to these saints in Philippi. Hendriksen comments that *to every member of the church of Philippi who by virtue of union with Christ Jesus has been set apart to a life of consecration to the Lord the apostle sends his greeting as a token of brotherly love: Greet every saint in Christ Jesus. He adds, The brothers (who are) with me greet you. Paul's fellow-workers in Rome, having heard that Paul is sending a letter to the Philippians, have asked that their greetings, too, be extended*.

Ellsworth notes that *in some cultures it is customary when meeting a friend to point in succession to the heart, the lips and the forehead. This greeting says: 'My heart loves you, my lips speak well of you and my mind thinks the best of you.'* Paul undoubtedly felt the same toward the Philippians. Each Christian should be able to say in heartfelt fashion the same to other believers.

Then Paul, as in all his letters, pronounces God's benediction on the church at Philippi. As Hendriksen states, *upon them all, thus gathered with God's Spirit in their midst, Paul the apostle, as God's official representative, pronounces God's grace, that is, God's unmerited favor in the Anointed Lord and Savior, based on his merits, conveyed by his Spirit*. May the grace of our Lord Jesus Christ be with your spirit, in His church, as well.

Questions
(see back page for explanation of symbols)

1. Who greets whom as this letter closes?
2. How might we greet each other more Christianly?
3. Where does grace come from and what does it do for us?



Praise Pray

Psalms 118e

1. Pray that you and your family will know Jesus' grace, in His church, with God's help
2. Pray for your family
3. Pray for a non-Christian friend/family member
4. Pray for the reading and preaching of God's word tomorrow

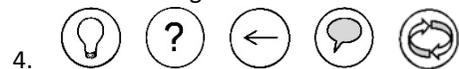
Reading Philippians 4:15-20 My God will supply all your needs

Notes (See back page for authors) Paul continues giving thanks to the Philippians for their gift. He rejoices that they had given first and had given repeatedly. And not only is Paul pleased with their gift, God is pleased. Paul, as Fee notes, *describes their gift by means of a rich metaphor from the Old Testament sacrifices (a fragrant offering, an acceptable sacrifice, pleasing to God), so as also to indicate divine approval for what they have done. The imagery is of the burnt offering, which was understood as a fragrant offering to God. The picture is of the “aroma” of the sacrificial fire wafting heavenward—into God’s “nostrils,” as it were. Properly offered, it becomes an acceptable sacrifice, pleasing to Him.*

And, because God is pleased, He cares for His people – supplying all their needs. As Ellsworth comments, *this verse [19] ...does not tell us that God’s people will never experience or feel a need. It rather tells us that God will supply the needs of his people. He sometimes does this by meeting the need and sometimes by giving his people the strength to face the need, as the apostle has already testified (v. 13)...Needs that simply get vaporized may seem more glamorous, but strength to face and meet needs is just as much from God.*

And when God meets our needs, He gets the glory.

- Questions** (see back page for explanation of symbols)
1. What was the greatest benefit of the Philippians’ gift?
 2. How does God supply His people’s needs?
 3. How is God glorified?



- Praise Pray** Psalm 118e
1. Ask God to supply your needs as He promises
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

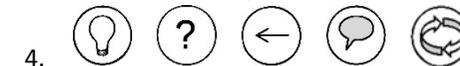
Reading Philippians 4:4-7 The Peace of God

Notes (See back page for authors) Again Paul urges the Philippians to rejoice in the Lord. In this rejoicing they are to let their reasonableness be evident. And in this reasonableness and rejoicing they are to dispel anxiety/worry. In nothing is the Christian to worry or be anxious. Nothing. As Ellsworth notes, *Christians are not to be filled with anxiety and tossed with care. They are rather to bring their problems and needs to the Lord with the confidence that he cares for them and his care is sufficient.*

At the same time, Christians are to pray about everything. Everything. Their prayers are to be filled with requests and thanksgivings. Fee notes that this reflects *the threefold expression of Jewish piety—rejoicing in the Lord, prayer and thanksgiving—which are basic to the Psalter: “the righteous rejoice in the LORD” (Ps 64:10; 97:12) as they “come before him with thanksgiving” (Ps 95:2; 100:4) to pray in his sanctuary (Ps 61:1–4; 84:1–8).*

As they replace anxiety with thankful prayers, God works in the believers’ hearts. Ellsworth comments that *believers who carry their burdens to the Lord will find peace and rest in their spirits. This peace will stand at the door and guard the hearts and minds of believers so that anxious care and worry cannot enter. It is a glorious peace from the Lord that unbelievers cannot find and cannot explain, and it is a peace that believers themselves cannot fully understand.*

- Questions** (see back page for explanation of symbols)
1. How and when are we to rejoice?
 2. What must we replace anxiety with?
 3. What does God promise when we do that?



- Praise Pray** Psalm 118e
1. Commit yourself and your family in prayer to a life of thankful prayer, with God’s help.
 2. Pray for a member of your church
 3. Pray for your family
 4. Pray for a non-Christian friend/family member

Reading

Philippians 4:8-9 The God of Peace

Notes

(See back page for authors)

Ellsworth comments that *the book of Proverbs says: '... as he thinks in his heart, so is he' (Prov. 23:7). In keeping with that thought, Paul suggests to his readers a 'divine programming' that will ensure their peace. He calls upon them to think about:*

- *THE TRUE*—those things that correspond to the teaching of God's Word;
- *THE NOBLE*—those things that have the dignity of moral excellence;
- *THE JUST*—those things that conform to God's standards;
- *THE PURE*—those things that are free from the taint of sin;
- *THE LOVELY*—those virtues that make believers attractive and winsome, such as generosity, kindness, compassion and willingness to forgive;
- *THE THINGS OF GOOD REPORT*—those things that give Christians a good reputation and a good name.

Paul sums it all up by telling his readers to meditate on anything of virtue and anything worthy of praise.

As they think rightly, and live rightly, following godly examples, God Himself, the One who gives peace, is with them.

Questions

(see back page for explanation of symbols)

1. When we're anxious, what sort of things do we think about?
2. What sort of things are we supposed to think about instead?
3. What does God promise when we think, and do, right?

4.     

Praise Pray

Psalms 118e

1. Commit yourself and your family in prayer to right thinking and right living, with God's help.
2. Pray for a member of your church
3. Pray for your family
4. Pray for a non-Christian friend/family member

Reading

Philippians 4:10-14 I can be content through Him...

Notes

(See back page for authors)

Paul now thanks the Philippians for their generosity to him. They had continued to care about him, but had a new opportunity more recently to share with him in a time of difficulty. As Fee notes, *with his major concerns about the Philippians' affairs now addressed, and the concluding exhortations given, Paul turns at last then to the first reason for the letter—to acknowledge their recent gift and thus to rejoice over this evidence of friendship renewed.*

Yet even as he rejoices in their friendship and their gift, Paul reminds them of his own learning. In a sense, he didn't really need their gift. He didn't need it because God had taught him to be content – that is, to be satisfied with God whatever the circumstances.

As Hendriksen comments, *this contentment or soul-sufficiency (see on 1 Tim. 6:6) is derived not from any resources which the soul has in itself. Paul is no vain boaster who exclaims, "I am the Captain of my soul." ... The apostle is no statue. He is a man of flesh and blood. He knows both joys and sorrows, yet is content. But his contentment has its cause in One other than himself. The real Source or Fountain of Paul's soul-sufficiency is mentioned in verse 13. And that Fountain never runs dry, no matter what may be the circumstances.* Although v.13 is often taken out of context, its primary lesson is that every Christian, like Paul, can be content, no matter what the circumstances, because Christ gives them strength to do so!

Questions

(see back page for explanation of symbols)

1. What was Paul's response to the Philippians' gift?
2. Did he need it? Why or why not?
3. What is contentment? And how do we get it?

4.     

Praise Pray

Psalms 118e

1. Rejoice with your family in prayer that Christ strengthens you
2. Pray for a member of your church
3. Pray for your family
4. Pray for a non-Christian friend/family member