

Simply Study: Philippians 3

One book at a time.

One day at a time.



by Mary Kay Kane. all rights reserved. copyright 2019

Simply Study: Philippians 3

Welcome to Simply Study!

Have you had enough of rushing through your Bible study time, trying to keep up with someone else's daily study schedule?

Have you ever finished a daily devotional and marveled at the fact that you barely read a verse of scripture?

Do you long to spend your quiet time soaking in one book of the Bible?

Me too!

Simply Word is a daily Bible study based in one book of the Bible. There's no rush, no scramble. Take as much time as you like to meander with God through one book of the Bible.

Simple pieces

- **Simply read** Repeated readings will help you meditate on truths of God's word.
- **Simply mark** Let loose your creative side as you simply mark the daily scripture reading passage.
- **Simply answer** Look back in the scripture to answer questions about the text.
- **Simply reflect** Consider what God is speaking to your heart and record your thoughts.
- **Simply act** Become a doer of the word as you decide how to apply what you have learned.
- **Simply pray** Pray to God about what He has placed on your heart during your study time.

Let's get started!



Focus deeply.
One book at a time.
One day at a time.

by Mary Kay Kane. all rights reserved. copyright 2019

Simply Study: Philippians 3, Session 1

Session 1

Get your Bible journal or a printed copy of this Bible study, your favorite pens and pencils and get ready to dive into God's Word!

Simply Pray

Before you start your Bible study time, pray and ask God to fill you with His Holy Spirit. Ask God to open the eyes of your heart to hear from Him in your study time today.

Simply Read

Today we are going to read all of chapter 3 of Philippians. Please read straight through without stopping.

Philippians 3 RSV

1 Finally, my brethren, rejoice in the Lord. To write the same things to you is not irksome to me, and is safe for you.

2 Look out for the dogs, look out for the evil-workers, look out for those who mutilate the flesh.

3 For we are the true circumcision, who worship God in spirit, and glory in Christ Jesus, and put no confidence in the flesh.

4 Though I myself have reason for confidence in the flesh also. If any other man thinks he has reason for confidence in the flesh, I have more:

5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law a Pharisee,

6 as to zeal a persecutor of the church, as to righteousness under the law blameless.

7 But whatever gain I had, I counted as loss for the sake of Christ.

8 Indeed I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ

9 and be found in him, not having a righteousness of my own, based on law, but that which is

Simply Study: Philippians 3, Session 1

through faith in Christ, the righteousness from God that depends on faith;

10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,

11 that if possible I may attain the resurrection from the dead.

12 Not that I have already obtained this or am already perfect; but I press on to make it my own, because Christ Jesus has made me his own.

13 Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you.

16 Only let us hold true to what we have attained.

17 Brethren, join in imitating me, and mark those who so live as you have an example in us.

18 For many, of whom I have often told you and now tell you even with tears, live as enemies of the cross of Christ.

19 Their end is destruction, their god is the belly, and they glory in their shame, with minds set on earthly things.

20 But our commonwealth is in heaven, and from it we await a Savior, the Lord Jesus Christ,

21 who will change our lowly body to be like his glorious body, by the power which enables him even to subject all things to himself.

Simply Mark

Please go back and read the passage again. Take notes, highlight, and underline important words and phrases that capture your attention.



Simply Study: Philippians 3, Session 1

Simply Reflect

Review your notes and markings for today.

What is God saying to you today through His Word?

What verse/verses speak to you the most?

Simply Act

What do you need to do because of what you learned today?

Simply Pray

In the space below, write your prayer to God about what He has placed on your heart today during your study time.

Simply Study: Philippians 3, Session 2

Session 2

Get your Bible journal or a printed copy of this Bible study, your favorite pens and pencils and get ready to dive into God's Word!

Simply Pray

Before you start your Bible study time, pray and ask God to fill you with His Holy Spirit. Ask God to make you sensitive to what He is trying to teach you through His Word.

Simply Read

Today, since the chapter is short, we are going to read all of Philippians 3 again. Please read it straight through.

1 Finally, my brethren, rejoice in the Lord. To write the same things to you is not irksome to me, and is safe for you.

2 Look out for the dogs, look out for the evil-workers, look out for those who mutilate the flesh.

3 For we are the true circumcision, who worship God in spirit, and glory in Christ Jesus, and put no confidence in the flesh.

4 Though I myself have reason for confidence in the flesh also. If any other man thinks he has reason for confidence in the flesh, I have more:

5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law a Pharisee,

6 as to zeal a persecutor of the church, as to righteousness under the law blameless.

7 But whatever gain I had, I counted as loss for the sake of Christ.

8 Indeed I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ

9 and be found in him, not having a righteousness of my own, based on law, but that which is through faith in Christ, the righteousness from God that depends on faith;

Simply Study: Philippians 3, Session 2

10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,

11 that if possible I may attain the resurrection from the dead.

12 Not that I have already obtained this or am already perfect; but I press on to make it my own, because Christ Jesus has made me his own.

13 Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you.

16 Only let us hold true to what we have attained.

17 Brethren, join in imitating me, and mark those who so live as you have an example in us.

18 For many, of whom I have often told you and now tell you even with tears, live as enemies of the cross of Christ.

19 Their end is destruction, their god is the belly, and they glory in their shame, with minds set on earthly things.

20 But our commonwealth is in heaven, and from it we await a Savior, the Lord Jesus Christ,

21 who will change our lowly body to be like his glorious body, by the power which enables him even to subject all things to himself.

Simply Mark

Please go back and read the passage again. Take notes, highlight, and underline important words and phrases that capture your attention.

Simply Answer

1. What is the first thing Paul reminds the Philippians to do in verse 1?

Simply Study: Philippians 3, Session 2

2. Why is it important to rejoice in the Lord?
3. In verse 1 Paul also reminds the Philippians it is acceptable for him to write to the Philippians about things he has formerly spoken to them. What are some of the things he taught them previously?
4. What does Paul warn the Philippians to look out for in verse 2?
5. Who are the mutilators of the flesh (vs. 2-3)?
6. Paul is warning the believers of Philippi not to trust in the ceremony of circumcision to save them. What marks true believers (vs. 3)?
7. What are we to put no confidence in?
8. If we are to put no confidence in the flesh, as Christians, where should we place our confidence?
9. What point is Paul trying to make in verses 3-7?
10. How does Paul now count all his fleshly accomplishments (vs. 7)?



Simply Study: Philippians 3, Session 2

11. What have you given up to follow Christ? Relationships? Career?

12. Can you see any gain from what you have given up?

If your sacrifice is still fresh, let me assure you Jesus promises to use all things for your good and His glory for those who love him and are called according to his purpose.

Simply Reflect

Review your notes and markings for today.

What is God saying to you today through His Word?

What verse/verses spoke to you the most?

Simply Act

What do you need to do because of what you learned today?



Simply Study: Philippians 3, Session 2

Simply Pray

In the space below, write your prayer to God about what He has placed on your heart today during your study time.

Simply Study: Philippians 3, Session 3

Session 3

Get your Bible journal or a printed copy of this Bible study, your favorite pens and pencils and get ready to dive into God's Word!

Simply Pray

Before you start your Bible study time, pray and ask God to fill you with His Holy Spirit. Ask God to show you amazing things about Himself from His Word today.

Simply Read

For session 3, please read Philippians 3:7-21

7 But whatever gain I had, I counted as loss for the sake of Christ.

8 Indeed I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ

9 and be found in him, not having a righteousness of my own, based on law, but that which is through faith in Christ, the righteousness from God that depends on faith;

10 that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,

11 that if possible I may attain the resurrection from the dead.

12 Not that I have already obtained this or am already perfect; but I press on to make it my own, because Christ Jesus has made me his own.

13 Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you.

16 Only let us hold true to what we have attained.

17 Brethren, join in imitating me, and mark those who so live as you have an example in us.



Simply Study: Philippians 3, Session 3

18 For many, of whom I have often told you and now tell you even with tears, live as enemies of the cross of Christ.

19 Their end is destruction, their god is the belly, and they glory in their shame, with minds set on earthly things.

20 But our commonwealth is in heaven, and from it we await a Savior, the Lord Jesus Christ,
21 who will change our lowly body to be like his glorious body, by the power which enables him even to subject all things to himself.

Simply Mark

Please go back and read the passage again. Take notes, highlight, and underline important words and phrases that capture your attention.

Simply Answer

1. Before Christ, what had Paul counted as gain (vs. 7)?
2. What two words does Paul now use to describe what he formerly saw as gain (vs. 7-8)?
3. What does Paul now count as greater than any former title or accomplishment?
4. What great thing has Paul gained in Christ Jesus (vs. 9)?
5. What is the wonderful righteousness of Christ based on?



Simply Study: Philippians 3, Session 3

6. After we by faith accept Christ as our Savior, to what do we have access (vs. 10)?
7. Do you have any "dead things" in your life that need a little resurrection power?
8. Why would we want to share in the sufferings of Christ?
9. What was Christ like in his death and how can we become like Him?
10. What can we attain when we become like Christ (vs. 11)?
11. What does Paul say he needs to do in verse 12?
12. Why does he say he should do this?

Simply Reflect

Review your notes and markings for today.

What is God saying to you today through His Word?

What verse/verses spoke to you the most?



Simply Study: Philippians 3, Session 3

Simply Act

What do you need to do because of what you learned today?

Simply Pray

In the space below, write your prayer to God about what He has placed on your heart during your study time.

Simply Study: Philippians 3, Session 4

Session 4

Get your Bible journal or a printed copy of this Bible study, your favorite pens and pencils and get ready to dive into God's Word!

Simply Pray

Before you start your Bible study time, pray and ask God to fill you with His Holy Spirit. Ask God to open the eyes of your heart to hear from Him in your study time today.

Simply Read

Please read Philippians 3:13-21.

13 Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you.

16 Only let us hold true to what we have attained.

17 Brethren, join in imitating me, and mark those who so live as you have an example in us.

18 For many, of whom I have often told you and now tell you even with tears, live as enemies of the cross of Christ.

19 Their end is destruction, their god is the belly, and they glory in their shame, with minds set on earthly things.

20 But our commonwealth is in heaven, and from it we await a Savior, the Lord Jesus Christ,

21 who will change our lowly body to be like his glorious body, by the power which enables him even to subject all things to himself.

Simply Mark

Please go back and read the passage again. Take notes, highlight, and underline important words and phrases that capture your attention.



Simply Study: Philippians 3, Session 4

Simply Answer

1. What is Paul trying to make his own (vs. 13)?
2. Name two things Paul continues to try to do.
3. What do you need to leave behind so you can go forward with Jesus?
4. What is the prize Paul is straining to reach (vs. 14)?
5. What is God calling you to do?
6. What kind of maturity is Paul talking about in verse 15?
7. How can we know if we are mature in Christ?
8. What must we pray for God to reveal to us?
9. What are we to hold true to (vs. 16)?
10. What have you attained in Christ Jesus?



Simply Study: Philippians 3, Session 4

Simply Reflect

Review your notes and markings for today.

What is God saying to you today through His Word?

What verse/verses speak to you the most?

Simply Act

What do you need to do because of what you learned today?

Simply Pray

In the space below, write your prayer to God about what He has placed on your heart during your study time.

Simply Study: Philippians 3, Session 5

Session 5

Get your Bible journal or a printed copy of this Bible study, your favorite pens and pencils and get ready to dive into God's Word!

Simply Pray

Before you start your Bible study time, pray and ask God to fill you with His Holy Spirit. Ask God to make you sensitive to what He wants to teach you through His word.

Simply Read

Please read Philippians 3:13-21.

13 Brethren, I do not consider that I have made it my own; but one thing I do, forgetting what lies behind and straining forward to what lies ahead,

14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

15 Let those of us who are mature be thus minded; and if in anything you are otherwise minded, God will reveal that also to you.

16 Only let us hold true to what we have attained.

17 Brethren, join in imitating me, and mark those who so live as you have an example in us.

18 For many, of whom I have often told you and now tell you even with tears, live as enemies of the cross of Christ.

19 Their end is destruction, their god is the belly, and they glory in their shame, with minds set on earthly things.

20 But our commonwealth is in heaven, and from it we await a Savior, the Lord Jesus Christ,

21 who will change our lowly body to be like his glorious body, by the power which enables him even to subject all things to himself.

Simply Mark

Please go back and read the passage again. Take notes, highlight, and underline important words and phrases that capture your attention.



Simply Study: Philippians 3, Session 5

Simply Answer

1. Why is Paul worthy of imitation (vs. 17)?
2. What about your life is worthy of imitation?
3. What group of people is mentioned in verse 18?
4. Why are enemies of Jesus described as enemies of the cross?
5. What is the final outcome of the enemies of the cross (vs. 19)?
6. What are some things that mark enemies of the cross?
7. Where is our final home (vs. 20)?
8. For whom are we waiting from our final home?
9. What words are used to describe Jesus?
10. Is Jesus your Savior? From what has he saved you?
11. What final thing will Jesus do for us (vs. 21)?
12. What do you look forward to the most when you receive your "glorious body"?



Simply Study: Philippians 3, Session 5

Simply Reflect

Review your notes and markings for today.

What is God saying to you today through His Word?

What verse/verses speak to you the most?

Simply Act

What do you need to do because of what you learned today?

Simply Pray

In the space below, write your prayer to God about what He has placed on your heart during your study time.



Simply Study: Philippians 3, Session 5