

Footsteps in Prayer

A journey through the Bible

Philippians



- Find a place to sit quietly.
- Be aware of God’s loving eyes watching over you.
- Sit in a relaxed position and come to a place of stillness.
- Reflect on these words from Philippians 4:

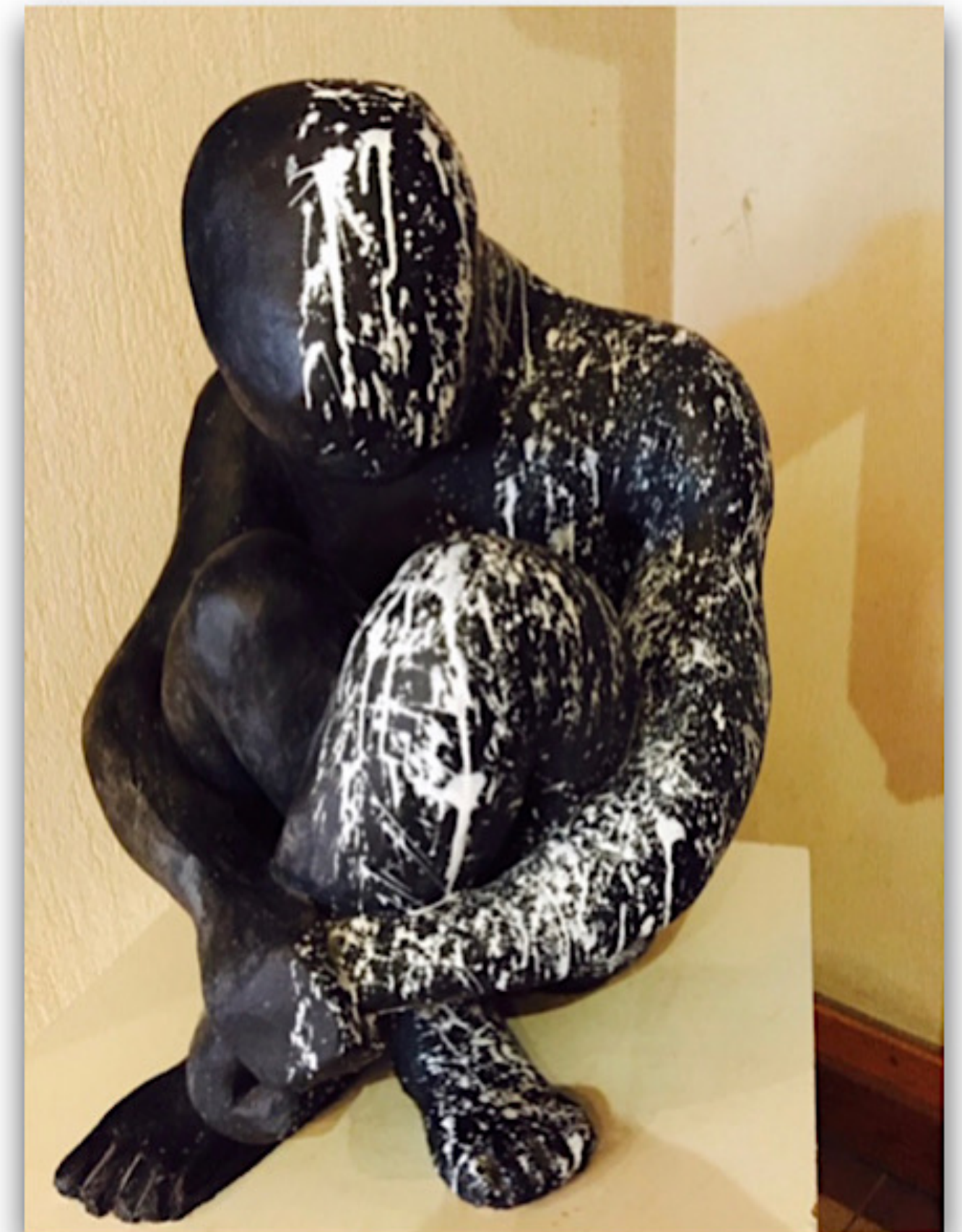
“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- You might like to ask God for one of the graces mentioned in the passage above.
- You might like to listen to King’s College Choir sing Jesu, Joy of Man’s Desiring or to Rend Collective sing the Joy of the Lord is my strength.
- You might like to listen to Psalms 126 sung in Hebrew with an English translation of the words.



• You might like to listen to:

- **Day 1: A Great Work** sung by Brian Courtney Wilson then click [here](#).
- **Day 2: Great is thy faithfulness** sung by Maranatha music then click [here](#).
- **Day 3: To live is Christ** sung by the Sidewalk Prophets then click [here](#).
- **Day 4: Pax deorum** sung by Enya, with an accompanying video about Philippi, Lydia the Seller of Purple and the beginnings of a church then click [here](#).
- **Day 5: Humble heart** sung by Matt Mchlery then click [here](#).
- **Day 6: Carmen Christi** sung by Michael Card then click [here](#).
- **Day 7: You raise me up** with the accompanying video of the Olympic athlete Derek Redmond then click [here](#).



Day 1: Philippians 1

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. God can testify how I long for all of you with the affection of Christ Jesus.

- Read this passage from Philippians 1.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
- You might like to note these down in your journal.
- When you have finished click [here](#) to continue.



Day 2: Philippians 1

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

- Read this passage from Philippians 1.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
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Day 3: Philippians 1

The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. For to me, to live is Christ and to die is gain. If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! I am torn between the two: I desire to depart and be with Christ, which is better by far; but it is more necessary for you that I remain in the body. Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, so that through my being with you again your boasting in Christ Jesus will abound on account of me.

- Read these words from Philippians 1.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged in this time of prayer?
- How has the Spirit been at work in your heart as you have prayed?
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An engraved cross, Philippi. Photograph by Ian Paul used with permission.

Day 4: Philippians 1

Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, since you are going through the same struggle you saw I had, and now hear that I still have.

- ✧ Read these words from Philippians 1.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged?
- ✧ How has the Spirit been at work as you have prayed?
- ✧ You might like to note these down in your journal.
- ✧ When you have finished click [here](#) to continue.



Day 5: Philippians 2

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

- ✧ Read these words from Philippians 2.
 - ✧ What words or phrases strike you?
- ✧ Read these words again slowly.
 - ✧ Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- ✧ What thoughts, feelings and images have emerged?
- ✧ How has the Spirit been at work as you have prayed?
- ✧ You might like to note these down in your journal.
- ✧ When you have finished click [here](#) to continue.



Day 6: Philippians 2

In your relationships with one another, have the same mindset as Christ Jesus:

Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

And being found in appearance as a man,

he humbled himself

by becoming obedient to death—

even death on a cross!

Therefore God exalted him to the highest place

and gave him the name that is above every name,

that at the name of Jesus every knee should bow,

in heaven and on earth and under the earth,

and every tongue acknowledge that Jesus Christ is Lord,

to the glory of God the Father.

• Read these words from Philippians 2.

• What words or phrases strike you?

• Read these words again slowly.

• Stay with one of the words or phrases that catches you and hold it in the stillness before God.

• What thoughts, feelings and images have emerged?

• How has the Spirit been at work as you have prayed?

• You might like to note these down in your journal.

• When you have finished click [here](#) to continue.



Day 7: Philippians 3

But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

- Read these words from Philippians 3.
 - What words or phrases strike you?
- Read these words again slowly.
 - Stay with one of the words or phrases that catches you and hold it in the stillness before God.
- What thoughts, feelings and images have emerged?
- How has the Spirit been at work as you have prayed?
- You might like to note these down in your journal.
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• You might like to listen to this music by Stellenboch Choir:

• Day 1: I Need Thee

• Day 2: Psalm 121

• Day 3: Alleluia

• Day 4: Didn't my Lord Deliver Daniel

• Day 5: Nobody knows the trouble I've seen

• Day 6: Prayer

• Day 7: I am the voice of the wind



Psalm 30

I will exalt you, Lord,
for you lifted me out of the depths
and did not let my enemies gloat over me.
Lord my God, I called to you for help,
and you healed me.
You, Lord, brought me up from the realm of the dead;
you spared me from going down to the pit.
Sing the praises of the Lord, you his faithful people;
praise his holy name.
For his anger lasts only a moment,
but his favour lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.
When I felt secure, I said,
“I will never be shaken.”



Lord, when you favoured me,
you made my royal mountain stand firm;
but when you hid your face,
I was dismayed.
To you, Lord, I called;
to the Lord I cried for mercy:
“What is gained if I am silenced,
if I go down to the pit?
Will the dust praise you?
Will it proclaim your faithfulness?
Hear, Lord, and be merciful to me;
Lord, be my help.”
You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
that my heart may sing your praises and not be silent.
Lord my God, I will praise you forever.

Proverbs 17:3

The crucible for silver and the furnace for gold, but the Lord tests the heart.



Hidden in the heart

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus - Philippians 4: 7

I have hidden your word in my heart - Psalm 119: 11

Philippians is a book about Jesus. It tells of who Jesus is, what he has done, what this means for the Philippians and what it means for us today. It is a book of joy, the word joy being used five times and rejoice eight times. It is also a book that encourages us to think differently.

You might like to read slowly through the whole book of Philippians.

What verses really strike you?

Write these verses each on a piece of card.

Place the cards into a small tin or match box.

Carry them around with you and memorise each of the verses in turn.

As you do this let the verse remind you of the book of Philippians.

Hide God's word in your heart.

Consider using this approach for some of the other books of the Bible.

You could even create a 66 tin library.

Creative prayer



Stop struggling

It is I, this trial

It is I that hems you in

There is hidden purpose in it

Stop struggling

Trust Me



Singing Bowl

Begin the song exactly where you are,
Remain within the world of which you're made.
Call nothing common in the earth or air,

Accept it all and let it be for good.
Start with the very breath you breathe in now,
This moment's pulse, this rhythm in your blood

And listen to it, ringing soft and low.
Stay with the music, words will come in time.
Slow down your breathing. Keep it deep and slow.

Become an open singing-bowl, whose chime
Is richness rising out of emptiness,
And timelessness resounding into time.

And when the heart is full of quietness
Begin the song exactly where you are.



Footsteps in Prayer

A journey through the Bible

A graphic introduction to Philippians can be found [here](#).

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The Pathway by Kate Austin (Adapted) Used with permission.

This prayer station and other resources can be found at [The Prayer Room](#)

