

## 5 x 5 Bible Meditation Challenge

**Purpose:** To help you develop the habit of meditating on Holy Scripture on a daily basis.

**Challenge:** Spend **5 minutes** a day, **five days** a week, for **8 weeks** reading and meditating on short passages of Holy Scripture from Paul's Letter to the Philippians. (See attached reading schedule)

### **Method:**

1. Begin with this prayer: "*Lord, open my heart to the truth of your Word today. Amen.*"
2. Read and meditate on the appointed scripture passage for the day. (1 minutes)
3. Ask yourself the question: "What is God trying to **teach** me in this scripture lesson today?" Write down your best response. (2 minutes)
4. Ask yourself and try to answer the question: "How is God leading me to **apply this scripture** in my life today?" Write down your best response. (2 minutes)
5. End with this prayer: "*Lord, may the truth of your Word feed my soul today. Amen.*"

### Paul's Letter to the Philippians – A Brief Overview

The Apostle Paul founded the church at Philippi, a city in Macedonia, probably sometime in the mid-50's AD, about 20 years after Jesus death, resurrection, and ascension into heaven. The people of the Philippian church were **average joes**, not possessing any particular reputation, status or wealth. But they were good to Paul, faithfully following his teachings about Christ and helping him out whenever they could.

Sometime in the early 60's AD, Paul was **arrested** in Jerusalem and **taken to Rome for a trial** before the Roman court (a privilege Paul could exercise because he was a Roman citizen.) While in Rome, he sent a heartfelt letter to the Philippians describing his love for them and his gratitude for all they did in obedience to Christ.

Several important themes emerge in this letter. 1) We should have the **same humility as Christ**, who gave up his throne to save us. 2) We should always trust that we are **saved by having faith in Christ and his Cross**, not by trusting in our ability to keep the law (A rival Christian group had visited several of Paul's churches claiming one had to also be circumcised to be saved.) 3) Paul tells the Philippians to remember that life in Jesus Christ is of such **surpassing worth** that we can **experience joy in Christ in all situations**, even in the worst of times.

The Letter to the Philippians portrays an **excellent example** of what a church should be.