

Philippians –

A 13 WEEK TEXT-DRIVEN STUDY FOR MEN



his study is built on a simple conviction: God's Word is sufficient and trustworthy, and men must be anchored to it. Scripture is not meant to be skimmed or treated casually. God has spoken, and His Word provides everything necessary for life and godliness (2 Peter 1:3).

When we give ourselves to careful study, the Word reshapes our thinking, strengthens our faith, and produces endurance and hope that do not waver with circumstances.

ANCHORED MEN BIBLE STUDIES are in-depth, text-driven studies designed to train men to handle the Word of God rightly. Each lesson is meant to help you learn to feed yourself from Scripture through disciplined study and prayer. As you work through the lessons, approach them with purpose, plan your time, and depend on the Lord. Strengthen your understanding by remembering and sharing key truths, and commit to putting God's Word into practice. We study not merely to know the truth, but to live it.

HOW TO APPROACH THIS STUDY

- **Take God's Word seriously.**
Study with focus and reverence. Do not rush or treat the text casually.
- **Commit to disciplined study.**
Set aside protected time and follow through with consistency.
- **Let Scripture govern understanding.**
Use tools as aids, but allow the text itself to determine meaning.
- **Persevere in obedience.**
Begin in prayer, press on through difficulty, and apply what God's Word requires.

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Here then, is the real problem of our negligence. We fail in our duty to study God's Word not so much because it is difficult to understand, not so much because it is dull and boring, but because it is work.

Our problem is not a lack of intelligence or a lack of passion.

Our problem is that we are lazy.

— R.C. Sproul

Philippians | Week 1 - Introduction to Philippians

Purpose of This Lesson

The purpose of this lesson is to orient you to the book of Philippians as a whole—its author, recipients, circumstances, and major themes. Reading the entire letter prepares you to understand each passage in its proper context and helps you follow Paul's argument as it unfolds.

Study Questions

Read the entire letter carefully **two times**. At this stage, focus on understanding the book as a unified message rather than individual details.

1. Who wrote the letter to the Philippians, and how does he describe himself (1:1)?
2. Who are the recipients of this letter (1:1)?
3. What do we learn about Paul's circumstances at the time he wrote this letter (1:7, 12–13)?
4. How does Paul describe his relationship with the Philippian believers (1:7–8; 4:1)?
5. As you read the entire letter, what themes or ideas are repeated?
6. How does Paul speak about joy throughout the letter, especially in light of his circumstances?
7. What does this letter teach about Jesus Christ (2:5–11; 3:20–21)?
8. According to Philippians, what does a faithful Christian life look like (1:27; 2:12–16)?
9. What role does suffering play in the Christian life according to this letter (1:29; 3:10)?
10. How does Paul emphasize unity and humility among believers (2:1–4; 4:2–3)?
11. What hope does Paul hold out for believers (3:20–21)?
12. What does Paul teach about contentment and dependence on God (4:11–13)?

Key Takeaway

Paul writes to encourage believers to live in a manner worthy of the gospel of Christ—marked by joy, humility, steadfast faith, and confident hope rooted in Christ, regardless of circumstances.

Philippians | Week 2 — Gospel Partnership and Prayer

Text: Philippians 1:1–11

Purpose of This Lesson

The purpose of this lesson is to examine how Paul's thanksgiving and prayer reveal the nature of gospel partnership and the kind of spiritual growth God produces in believers.

Study Questions

1. What does Paul say he does every time he remembers the Philippians (v. 3)?
2. How are joy and prayer connected in Paul's thanksgiving (vv. 3–4)?
3. What specific reason does Paul give for his joy in verse 5?
4. What does the phrase "from the first day until now" indicate about the Philippians' partnership in the gospel?
5. In verse 6, what confidence does Paul express, and in whom is that confidence placed?
6. According to verse 6, how long will God continue the work He began?
7. Why does Paul say it is right for him to think this way about the Philippians (v. 7)?
8. What does Paul mean when he says they are "partakers of grace" with him?
9. In what circumstances does Paul say they share this grace (v. 7)?
10. How does Paul describe his affection for the Philippians in verse 8?
11. Why does Paul call God as his witness when expressing this affection?
12. What does Paul pray will increase more and more in the Philippians' lives (v. 9)?
13. Why must love be joined with knowledge and all discernment?
14. What is the purpose of this growth according to verse 10?
15. How does Paul describe the result of growth in verse 11? What is the aim of this fruit?

Reflection & Application

- How does Paul's prayer shape what you pray for the growth of other believers?
- Where do you need greater discernment as you seek to live in a manner pleasing to the Lord?

Key Takeaway

Gospel partnership is sustained by God's faithful work and is expressed through shared grace, prayer, and growth that results in righteous fruit to the glory and praise of God.

Philippians | Week 3 — Christ Proclaimed and Magnified

Text: Philippians 1:12–20

Purpose of This Lesson

The purpose of this lesson is to understand how God advances the gospel through hardship and how Paul's controlling aim is that Christ be magnified, whether through life or death.

Study Questions

1. What does Paul want the Philippians to know about his circumstances (v. 12)?
2. According to verse 12, what has happened to the progress of the gospel as a result of Paul's imprisonment?
3. Who has become aware of Paul's imprisonment, and why is this significant (v. 13)?
4. How have Paul's circumstances affected other brothers in the Lord (v. 14)?
5. What does this section teach about God's use of hardship in gospel ministry?
6. What two different motives for proclaiming Christ does Paul identify (vv. 15–17)?
7. How does Paul describe those who proclaim Christ from selfish ambition?
8. Why does Paul rejoice even when Christ is proclaimed from false motives (v. 18)?
9. What does Paul's response reveal about what he values most?
10. How does this passage guard against rivalry and self-promotion in ministry?
11. What does Paul express confidence in regarding his situation (v. 19)?
12. What means does Paul identify that God will use for his deliverance (v. 19)?
13. What does Paul say is his eager expectation and hope (v. 20)?
14. What does it mean for Christ to be magnified in Paul's body?
15. Why does Paul include both life and death in this expectation?
16. How does verse 20 bring this entire section to its climax?

Reflection & Application

- Where are you tempted to seek personal recognition rather than Christ being proclaimed?
- In what ways are you tempted to tie joy to circumstances rather than to Christ being honored?

Key Takeaway

God advances the gospel through faithful obedience in hardship, and Christ is magnified when He—not circumstances or personal outcomes—is the believer's supreme concern.

Philippians | Week 4 — To Live Is Christ

Text: Philippians 1:21–30

Purpose of This Lesson

The purpose of this lesson is to understand how Paul views life, death, and suffering in light of Christ, and how this perspective shapes faithful conduct, unity, and courage in the face of opposition.

Study Questions

1. How does Paul summarize his life in verse 21?
2. Why does Paul say that death is gain?
3. What does Paul mean by “fruitful labor” in verse 22?
4. What tension does Paul describe between living and dying (vv. 22–23)?
5. Why does Paul say that being with Christ is “very much better”?
6. What does this section reveal about Paul’s hope beyond this life?
7. Why does Paul believe that remaining in the flesh is more necessary for the Philippians?
8. What does Paul expect his continued ministry to produce in them?
9. How does Paul connect his presence with their progress and joy in the faith?
10. What does Paul desire the Philippians to boast in as a result of his coming to them again?
11. What command does Paul give regarding how believers are to conduct themselves (v. 27)?
12. What does it mean to conduct yourselves “in a manner worthy of the gospel of Christ”?
13. Why does Paul emphasize standing firm in one spirit and striving together?
14. How are believers instructed to respond to opponents (v. 28)?
15. What two things does Paul say have been granted to believers in verse 29?
16. How does Paul connect the Philippians’ struggle with his own experience (v. 30)?
17. What does this passage teach about suffering in the Christian life?

Reflection & Application

- How does Paul’s statement “to live is Christ” confront your priorities and ambitions?
- Where is God calling you to live for the spiritual good of others rather than personal comfort?
- How does understanding suffering as *granted* by God reshape your response to hardship?

Key Takeaway

When Christ is the center of life, death is no longer feared, service is directed toward the good of others, and suffering is embraced as part of faithful obedience to the gospel.

Philippians | Week 5 — The Mind of Christ

Text: Philippians 2:1–11

Purpose of This Lesson

The purpose of this lesson is to understand how gospel unity is grounded in humility and how the example of Christ's humiliation and exaltation defines the mindset believers are called to have toward one another.

1. What shared spiritual realities does Paul appeal to in verse 1?
2. How does Paul describe what would make his joy complete (v. 2)?
3. What attitudes does Paul warn against in verse 3?
4. How does Paul define humility in verses 3–4?
5. Why is humility essential for unity among believers?
6. How does this passage challenge self-centered approaches to relationships in the church?
7. What command does Paul give in verse 5 regarding the believer's mindset?
8. Why is this command given in the context of relationships among believers?
9. How does verse 5 connect Christ's example to the call for humility in verses 1–4?
10. What does verse 6 reveal about Christ's nature before His incarnation?
11. How does Paul describe Christ's willingness to humble Himself?
12. What actions show the depth of Christ's humility in verses 7–8?
13. Why does Paul emphasize Christ's obedience "to the point of death, even death on a cross"?
14. How does Christ's humility redefine greatness and obedience?
15. What action does God take in response to Christ's obedience (v. 9)?
16. What does it mean that God highly exalted Him?
17. What universal response to Jesus Christ is described in verses 10–11?
18. How does this passage affirm Christ's lordship?
19. How does Christ's exaltation bring glory to God the Father?

Reflection & Application

- Where are you tempted to pursue self-interest rather than humility?
- How does Christ's example shape the way you think about authority, service, and obedience?
- What changes might God be calling you to make in how you relate to other believers?

Key Takeaway

God calls believers to unity through humility, and that humility is defined and empowered by the example of Christ, who humbled Himself in obedience and was exalted by God to the glory of the Father.

Philippians | Week 6 — Working Out What God Works In

Text: Philippians 2:12-18

Purpose of This Lesson

The purpose of this lesson is to understand how believers are called to active obedience that is entirely dependent on God's work within them, and how such obedience serves as a clear witness in a crooked and perverse generation.

Study Questions

1. How does Paul address the Philippians in verse 12, and why is that significant?
2. What command does Paul give regarding salvation in verse 12?
3. What does Paul mean by "with fear and trembling"?
4. How does verse 13 explain the source of the believer's obedience?
5. According to verse 13, what is God doing in believers?
6. How do verses 12 and 13 work together to show both responsibility and dependence?
7. What specific behaviors does Paul command believers to avoid in verse 14?
8. Why are these behaviors harmful to Christian witness?
9. How does Paul describe the world in verse 15?
10. What does it mean to be "blameless and innocent" in this context?
11. How are believers to function as "lights in the world"?
12. What does Paul mean by "holding fast the word of life" in verse 16?
13. Why does Paul connect faithful obedience with his own joy and boasting?
14. How does Paul describe his ministry using sacrificial language in verse 17?
15. Why is Paul able to rejoice even if his service costs him his life?
16. What does Paul call the Philippians to do in response to his example?
17. How does shared joy strengthen perseverance in obedience?

Reflection & Application

- Where are you tempted to rely on your own strength rather than God's work within you?
- How do your attitudes and words affect your witness to others?
- What does faithful obedience look like for you this week?

Key Takeaway

Believers are called to active, obedient perseverance, fully dependent on God's work within them, as they hold fast the word of life and shine as lights in the world.

Philippians | Week 7 — Faithful Servants Worthy of Honor

Text: Philippians 2:19-30

Purpose of This Lesson

The purpose of this lesson is to see how Paul presents Timothy and Epaphroditus as living examples of the mindset described earlier in the chapter—men whose faithfulness, humility, and sacrificial service demonstrate Christlike obedience in real life.

Study Questions

1. What does Paul hope to accomplish by sending Timothy to the Philippians (v. 19)?
2. How does Paul describe Timothy's character in verse 20?
3. What contrast does Paul draw between Timothy and others in verse 21?
4. What does it mean that Timothy seeks the interests of Christ Jesus?
5. How has Timothy's character been proven according to verse 22?
6. Why does Paul use the language of a child serving a father to describe Timothy's ministry?
7. What does Paul's confidence in Timothy reveal about the value of tested faithfulness?
8. How does Paul describe Epaphroditus in verse 25?
9. Why was Epaphroditus distressed according to verse 26?
10. How does Paul describe Epaphroditus' illness and recovery (vv. 27–28)?
11. Why does Paul emphasize God's mercy in sparing Epaphroditus' life?
12. What instruction does Paul give regarding how Epaphroditus is to be received (v. 29)?
13. Why are men like Epaphroditus to be held in high regard?
14. What does Paul say Epaphroditus risked, and why (v. 30)?
15. How does Epaphroditus' service complete what was lacking in the Philippians' ministry to Paul?

Reflection & Application

- What qualities in Timothy's life challenge how you define faithfulness?
- Where might God be calling you to serve sacrificially without recognition?
- Who is watching your life and learning what faithful service looks like?

Key Takeaway

God uses faithful, proven servants to advance the work of Christ, and such men are to be recognized and honored for their sacrificial obedience.

Philippians | Week 8 — No Confidence in the Flesh

Text: Philippians 3:1–11

Purpose of This Lesson

The purpose of this lesson is to understand Paul's warning against placing confidence in the flesh and to see how true righteousness comes only through faith in Christ, not through religious achievement or personal merit.

Study Questions

1. Why does Paul say it is not troublesome for him to repeat his instruction (v. 1)?
2. Against whom does Paul warn the Philippians in verse 2?
3. What descriptions does Paul use for these teachers, and what do they indicate?
4. How does Paul define the true circumcision in verse 3?
5. What does it mean to worship in the Spirit of God?
6. Why is boasting in Christ Jesus incompatible with confidence in the flesh?
7. Why does Paul say he has more reason than others to have confidence in the flesh?
8. What religious credentials does Paul list in verses 5–6?
9. What do these credentials reveal about Paul's former way of life?
10. Why is it significant that Paul describes himself as blameless according to the Law?
11. How does Paul's background expose the danger of trusting religious performance?
12. How does Paul now view the things he once counted as gain (v. 7)?
13. What does Paul say surpasses all value in verse 8?
14. What kind of righteousness does Paul reject in verse 9?
15. What righteousness does Paul seek instead, and where does it come from?
16. How does Paul describe knowing Christ in verses 10–11?
17. Why does Paul connect knowing Christ with suffering and conformity to His death?
18. What hope does Paul express regarding the resurrection?
19. How does this passage clarify the basis of justification before God?

Reflection & Application

- Where are you tempted to place confidence in something other than Christ?
- How does Paul's testimony challenge subtle forms of spiritual pride?

Key Takeaway

True righteousness is not achieved through confidence in the flesh but is received through faith in Christ, resulting in a life devoted to knowing Him and sharing in His sufferings and resurrection hope.

ANCHORED MEN BIBLE STUDIES

Growing Strong in God's Word

Philippians | Week 9 — Pressing On Toward the Goal

Text: Philippians 3:12–16

Purpose of This Lesson

The purpose of this lesson is to understand how Paul describes the Christian life as a forward-looking pursuit marked by humility, discipline, and perseverance, rather than perfection already attained.

Study Questions

1. What does Paul say he has not yet attained in verse 12?
2. Why does Paul deny that he has already become perfect?
3. What does Paul say motivates him to press on?
4. What does Paul mean when he says he presses on to lay hold of that for which he was laid hold of by Christ Jesus?
5. How does Paul describe his focus in verse 13?
6. What does it mean to forget what lies behind?
7. What goal does Paul say he is pursuing in verse 14?
8. How does Paul describe the prize of the upward call of God in Christ Jesus?
9. What does this language communicate about effort, discipline, and direction in the Christian life?
10. Who does Paul address as mature in verse 15?
11. What mindset are mature believers to have?
12. How does Paul address differences in understanding among believers?
13. What confidence does Paul express about God's role in revealing truth?
14. What does Paul mean by walking in step with what we have attained?
15. How does this instruction protect unity while still calling for growth?

Reflection & Application

- Where are you tempted to become complacent rather than press on in obedience?
- How does Paul's humility guard against both pride and discouragement?
- What does faithful perseverance look like for you right now?

Key Takeaway

The Christian life is not marked by having arrived, but by pressing forward with disciplined focus, grounded in Christ's work and guided by the truth God has revealed.

Philippians | Week 10 — Citizens of Heaven

Text: Philippians 3:17–21

Purpose of This Lesson

The purpose of this lesson is to understand how Paul contrasts earthly-minded living with heavenly citizenship and calls believers to live in light of Christ's return and transforming power.

Study Questions

1. What command does Paul give regarding imitation in verse 17?
2. Whose example are the Philippians instructed to follow?
3. What does Paul say qualifies someone to be an example worth observing?
4. Why is imitation an important part of growth in the Christian life?
5. Why does Paul speak with tears when describing certain people?
6. How does Paul describe their relationship to the cross of Christ?
7. What four descriptions does Paul give of these individuals in verse 19?
8. What does it mean that their minds are set on earthly things?
9. How does this warning protect believers from false priorities and false hopes?
10. Where does Paul say the believers' citizenship exists?
11. What are believers said to eagerly await?
12. What transformation does Paul say Christ will accomplish?
13. By what power will Christ bring about this transformation?
14. How does Christ's authority over all things strengthen the believer's hope?
15. How should this future hope shape present conduct?

Reflection & Application

- Whose example most influences how you live out your faith?
- Where are you tempted to think or live as though this world is your permanent home?
- How does the promise of Christ's return shape your priorities and decisions?

Key Takeaway

Believers are citizens of heaven who live in the present with their eyes fixed on Christ's return and their hope anchored in His power to transform all things.

Philippians | Week 11 — Standing Firm in the Lord

Text: Philippians 4:1-7

Purpose of This Lesson

The purpose of this lesson is to understand how believers are called to stand firm in the Lord by pursuing unity, rejoicing in the Lord, responding to anxiety with prayer, and resting in the peace God provides.

Study Questions

1. How does Paul address the believers in verse 1?
2. What command does Paul give in verse 1?
3. What does it mean to stand firm *in the Lord*?
4. How does verse 1 connect with the hope described at the end of chapter 3?
5. What specific instruction does Paul give to Euodia and Syntyche?
6. Why does Paul urge them to think the same way *in the Lord*?
7. Why does Paul involve others in helping resolve this disagreement?
8. What does verse 3 reveal about the importance of unity in gospel labor?
9. What command does Paul give regarding rejoicing in verse 4?
10. Why does Paul repeat this command?
11. What does Paul say about the nearness of the Lord in verse 5?
12. How does Paul instruct believers to respond to anxiety in verse 6?
13. What elements are included in the prayers Paul describes?
14. What promise does Paul give concerning the peace of God in verse 7?
15. How does God's peace guard the hearts and minds of believers?

Reflection & Application

- Where do you need to stand firm in the Lord rather than give ground?
- How does prayer change the way you respond to anxiety?
- What does rejoicing in the Lord look like in your present circumstances?

Key Takeaway

Standing firm in the Lord involves unity with others, continual rejoicing, prayerful dependence on God, and resting in the peace He provides.

Philippians | Week 12 — Thinking and Living What Is Excellent

Text: Philippians 4:8-14

Purpose of This Lesson

The purpose of this lesson is to understand how disciplined thinking and faithful practice lead to the experience of God's peace, and how contentment in Christ shapes the way believers respond to both abundance and need.

Study Questions

1. What specific qualities does Paul list as worthy of being dwelt upon in verse 8?
2. Why does Paul command believers to think deliberately about these things?
3. How does disciplined thinking relate to living a godly life?
4. How does this verse challenge passive or careless thought patterns?
5. What does Paul instruct the believers to do with what they have learned, received, heard, and seen?
6. Why does Paul include both teaching and example in this command?
7. What promise is given to those who practice these things?
8. How does this verse connect obedience with the presence of God's peace?
9. What causes Paul to rejoice greatly in the Lord in verse 10?
10. Why does Paul clarify that his joy is not based on personal need?
11. What does Paul say he has learned regarding contentment (v. 11)?
12. What range of circumstances does Paul describe in verse 12?
13. What does Paul mean when he says he can do all things through Him who strengthens him (v. 13)?
14. How does Paul affirm the Philippians' participation in his affliction (v. 14)?
15. How does this section shape a biblical understanding of contentment and dependence on Christ?

Reflection & Application

- What patterns of thinking need to be brought under the discipline of Scripture?
- How does practicing truth strengthen your experience of God's peace?
- In what circumstances do you most need to learn contentment in Christ?

Key Takeaway

God's peace is experienced as believers discipline their thinking according to truth, practice faithful obedience, and learn contentment through dependence on Christ in every circumstance.

Philippians | Week 13 — Contentment, Partnership, and Grace

Text: Philippians 4:15–23

Purpose of This Lesson

The purpose of this lesson is to understand how gospel partnership is expressed through faithful giving, how God supplies the needs of His people, and how Paul closes the letter by directing attention to God's grace.

Study Questions

1. What does Paul remind the Philippians about their past partnership with him (v. 15)?
2. How does Paul describe their giving during the early days of the gospel?
3. What does Paul emphasize about his motivation for speaking about their gift (v. 17)?
4. How does Paul describe their gift in verse 18?
5. What does Paul say their giving accomplished in his ministry?
6. How does this passage shape a biblical understanding of gospel partnership?
7. What promise does Paul give concerning God's provision in verse 19?
8. How does Paul describe the measure and source of God's supply?
9. How does this promise relate to God's glory in Christ Jesus?
10. Why does Paul respond to God's provision with praise in verse 20?
11. Whom does Paul instruct the Philippians to greet in verse 21?
12. What significance do you see in the greeting from those of Caesar's household (v. 22)?
13. How does Paul conclude the letter in verse 23?
14. How does this closing reinforce the central themes of Philippians?
15. What does this final blessing emphasize about the Christian life?

Reflection & Application

- How does the Philippians' example challenge your view of generosity and partnership in the gospel?
- How does God's promise of provision shape your trust in Him?
- In what ways should the grace of the Lord Jesus Christ shape your life going forward?

Key Takeaway

Gospel partnership is demonstrated through faithful generosity, God supplies the needs of His people according to His riches in Christ, and the Christian life is sustained from beginning to end by the grace of the Lord Jesus Christ.