

February 23 / Sunday

Playing Favorites: I can do all things

Read [Philippians 4:1-23](#)



24 / Mon – I can...stand firm | Read [Philippians 4:1](#)

Life can knock you down sometimes just like a strong wave on the ocean beach. Paul wrote at the end of chapter 3 about the believer's ultimate destination so he follows it up in chapter 4 by urging them to stand firm in the Lord. The *therefore* at the beginning reminds the reader that everything he had previously written was the foundation for going forward. He was talking to real people with real situations like yourself who depended on a real God. What helps you stand firm?

25 / Tue – I can...get along with others | Read [Philippians 4:2-3](#)

The church is filled with those who don't always see eye-to-eye. Two women, who had effectively helped others meet Jesus, were having trouble finding common ground. Disagreements have the potential to derail what God is trying to do, yet Paul's experience with Barnabas (Acts 15) shows how God used even a conscientious, parting of the ways to expand the gospel. What end goal do you need to keep in mind when you have disagreements with other believers?

26 / Wed – I can...rejoice even in hard times | Read [Philippians 4:4-7](#)

How do you handle anxiety? It is hard to rejoice when you are dealing with anxious thoughts. Paul gives a powerful four-word statement in verse 5b about *why* you do not have to be worried about *anything*. Then he goes on to describe what you can do to replace anxiety with peace of mind, not peace you manufacture but the peace God Himself gives you. Is there a situation right now where you could apply verse 6? If you do, you will experience the results described in verse 7.

27 / Thu – I can...decide what I will think about | Read [Philippians 4:8-9](#)

A mind is a terrible thing to waste. And it is wasted when you don't manage it well. Thoughts come into your head from many sources. Yet you do have the power to control what you allow to remain. In a culture that tends to be somewhat negative, here is a list by which to judge the thoughts you have. It is important to be realistic but you can build better mental health when you chose to focus on what's good, right, pure, wholesome. Can you think of an example of this in your own life?

28 / Fri – I can...be content in any situation | Read [Philippians 4:10-13](#)

Contentment is a rare quality and those who possess it are rich people. Left alone, human nature leans toward discontentment but Paul learned a secret that he shares in verse 13. It is Christ who gives His people the strength to be content in undesirable situations. Could it be that the Holy Spirit helps us to see the glass half-full instead of half-empty? Ask God to help you be more content and it will change everything, including your relationships with others.

29 / Sat – I can...say thanks | Read [Philippians 4:14-23](#)

As Paul concludes this letter, he thanks the Philippians for the gifts they sent, that was a sacrifice on their part, and he tells how their actions blessed God, as well as himself. Paul then makes a statement regarding the true source of all we 'own' (see v. 19). Others may never see what it costs you to give of yourself and your stuff but God does and He *will* supply your own needs. Have you ever thanked God for providing the things *you* get to give away? This might be a good time.