



NEW TESTAMENT • PAULINE LETTERS

Philippians

Joy and humility shaped by Christ.

AUTHORSHIP • Paul.

DATE & CONTEXT • Usually placed during imprisonment, around AD 60–62; location is debated.

The big picture

Writing from imprisonment, Paul thanks a beloved church and points it toward the mind of Christ. Jesus' self-giving humility becomes the pattern for relationships. Paul's losses do not erase his hope, and hardship does not cancel the possibility of joy. Prayer, thoughtful attention, reconciliation, and learned contentment make this a deeply practical letter for circumstances that cannot be quickly changed.

Words to carry

"Rejoice in the Lord always: and again I say, Rejoice."

Philippians 4:4 • KJV

Live it

- 01 Name a specific gift with gratitude today.
- 02 Take a humble first step in a strained relationship.
- 03 Turn one anxious concern into an honest prayer and a practical next step.

Pause & reflect

What does contentment look like without pretending my difficulties are easy?

Original SELAH37 introduction. Read the text in context; historical dates and attributions are approximate.

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