

Philippians: The Letter of Joy

Finding deep, unshakable joy in Jesus, no matter what.

14 days · about 10 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 Greeting and Thanksgiving Philippians 1:1-11

Paul opens his letter to the church at Philippi overflowing with thankfulness, telling them he prays for them with joy every time he remembers them. He's confident of one beautiful truth: the God who began a good work in them will keep going until it's finished. That's wonderful news for our family too, because we don't have to make ourselves perfect by our own effort. God starts the work of grace in our hearts, and He promises to gently finish what He started.

TALK ABOUT IT

1. What does it tell us about God that He promises to finish the good work He begins in us?
2. Who is someone you are thankful for, and how could you thank God for them today?
3. How might it change our day to remember that growing in faith is something God is doing in us, not just something we do for Him?

MEMORY VERSE · PHILIPPIANS 1:6

“being confident of this very thing, that he who began a good work in you will complete it until the day of Jesus Christ.”

DAY 2 Paul's Chains Advance the Gospel Philippians 1:12-18

Paul was sitting in prison when he wrote this, yet he wasn't discouraged. He saw that even his chains were helping the good news about Jesus spread to people who had never heard it. When hard things happen in our family, it can be tempting to think God has forgotten us. But Paul reminds us that God can use even our hardest days to do something good and to point others to Christ.

TALK ABOUT IT

1. How was Paul able to find good in such a difficult situation?
2. Can you think of a hard time that God later used for something good?
3. What is one tough thing right now that we could ask God to use for His purposes?

MEMORY VERSE · PHILIPPIANS 1:12

“Now I desire to have you know, brothers, that the things which happened to me have turned out rather to the progress of the Good News;”

DAY 3 To Live is Christ Philippians 1:19-26

Paul says something amazing: 'For to me, to live is Christ, and to die is gain.' His whole life pointed to Jesus, so he had nothing to fear either way. Because Jesus died and rose again, death is not the end for those who trust Him, but the doorway to being with Him forever. That same hope can fill our family with courage, helping us live each day for the One who loves us most.

TALK ABOUT IT

1. What do you think it means to say 'to live is Christ'?
2. How does Jesus rising from the dead change the way we can think about death?
3. What is one way our family could live today in a way that points to Jesus?

MEMORY VERSE · PHILIPPIANS 1:21

“For to me to live is Christ, and to die is gain.”

DAY 4 Standing Firm Philippians 1:27-30

Paul encourages the Philippians to live in a way that matches the good news of Jesus, standing firm together and not being frightened by those who oppose them. Living for Christ doesn't always make life easier, and Paul is honest that following Jesus can include hard times. But we don't stand alone, because God gives us each other and gives us Himself. Standing firm in faith is something a family can do shoulder to shoulder.

TALK ABOUT IT

1. What does it look like to 'stand firm' together as a family?
2. Why might it be easier to be brave when we're not facing hard things alone?
3. Who is someone we could stand beside and encourage in their faith this week?

MEMORY VERSE · PHILIPPIANS 1:27

“Only let your way of life be worthy of the Good News of Christ, that, whether I come and see you or am absent, I may hear of your state, that you stand firm in one spirit, with one soul striving for the faith of the Good News;”

DAY 5 Unity in Humility Philippians 2:1-4

Paul asks the church to be united, to love one another, and to put others ahead of themselves. He says we should value other people and look out for their needs, not just our own. This isn't always easy, because our hearts naturally want to come first. But because Jesus poured out so much grace on us, we have plenty of love to share, and a humble home is a peaceful and joyful one.

TALK ABOUT IT

1. What does it mean to 'value others above yourself'?
2. When is it hard to think about someone else's needs before your own?
3. What is one small way you could put a family member first today?

MEMORY VERSE · PHILIPPIANS 2:3

“doing nothing through rivalry or through conceit, but in humility, each counting others better than himself;”

DAY 6 The Mind of Christ Philippians 2:5-11

Here Paul shows us the most beautiful example of humility: Jesus Himself. Though He is fully God, the eternal Son, He humbly became a man and gave His life on the cross for us, then God lifted Him high so that every knee will one day bow to Him. Jesus didn't grasp at His rights; He gave Himself up out of love for sinners like us. When we wonder how to treat others, we look to Jesus, who served us first.

TALK ABOUT IT

1. What surprises you most about the way Jesus chose to humble Himself?
2. How does it make you feel to know Jesus did all this out of love for you?
3. What is one way we can follow Jesus' example of humble love this week?

MEMORY VERSE · PHILIPPIANS 2:9

“Therefore God also highly exalted him, and gave to him the name which is above every name;”

DAY 7 Shine Like Stars Philippians 2:12-18

Paul says it is God who works in us, giving us both the desire and the power to do what pleases Him. Because God is at work in us, we can shine like stars in a dark sky by doing things without grumbling or arguing. That doesn't mean we're perfect, but that the light of Jesus shows through our family when we choose kindness and joy. A home full of grace really does brighten the world around it.

TALK ABOUT IT

1. What does it mean that God works in us to help us want to do good?
2. How can our family 'shine like stars' to the people around us?
3. What is one thing we could do today without grumbling or complaining?

MEMORY VERSE · PHILIPPIANS 2:13

“For it is God who works in you both to will and to work, for his good pleasure.”

DAY 8 Timothy and Epaphroditus Philippians 2:19-30

Paul writes warmly about two friends, Timothy and Epaphroditus, who served others faithfully and put the needs of the church ahead of their own comfort. Epaphroditus even risked his life to help. These weren't famous heroes; they were ordinary believers loving others the way Jesus loved them. Our family can be like Timothy and Epaphroditus, quietly serving and caring for the people God places around us.

TALK ABOUT IT

1. What do you admire about how Timothy and Epaphroditus served others?
2. Who is someone in our life who serves quietly and faithfully?
3. What is one way you could care for someone the way these friends did?

MEMORY VERSE · PHILIPPIANS 2:20

“For I have no one else like-minded, who will truly care about you.”

DAY 9 Knowing Christ Philippians 3:1-11

Paul once trusted in all his good deeds and impressive credentials, but he says he now counts them as nothing compared to knowing Jesus. He learned that we can't earn our way to God by being good enough; we are made right with God through faith in Christ alone. That is the heart of the gospel, and it is freeing news for every family. We don't have to perform to be loved by God; we simply trust Jesus and come to know Him.

TALK ABOUT IT

1. Why do you think Paul gave up trusting in his own good deeds?
2. What does it mean that we are made right with God through faith, not by earning it?
3. What is one thing you'd love to know about Jesus better?

MEMORY VERSE · PHILIPPIANS 3:8

“Yes most certainly, and I count all things to be a loss for the excellency of the knowledge of Christ Jesus, my Lord, for whom I suffered the loss of all things, and count them nothing but refuse, that I may gain Christ”

DAY 10 Pressing On Philippians 3:12-16

Paul admits he hasn't arrived yet, but he keeps pressing on, like a runner straining toward the finish line. He doesn't get stuck on past mistakes; instead he reaches forward to what God has ahead. That's a hopeful picture for our family, because following Jesus isn't about being perfect today. It's about getting up, trusting His grace, and taking the next step toward Him.

TALK ABOUT IT

1. What does it mean to 'press on' even when we haven't gotten everything right?
2. Why is it good news that we don't have to be perfect to keep following Jesus?
3. What is one thing you'd like to 'press on' toward with God's help?

MEMORY VERSE · PHILIPPIANS 3:14

“I press on toward the goal for the prize of the high calling of God in Christ Jesus.”

DAY 11 Citizens of Heaven Philippians 3:17-21

Paul reminds the Philippians that our truest home, our citizenship, is in heaven, and we eagerly wait for our Savior, the Lord Jesus, to come from there. One day Jesus will make everything new, even our bodies, and every sad and broken thing will be set right. Knowing where we truly belong gives our family hope on hard days. We're not just living for right now; we're looking forward to being with Jesus forever.

TALK ABOUT IT

1. What does it mean that our real home, or citizenship, is in heaven?
2. How might remembering heaven help us when things feel hard here?
3. What is something you look forward to about being with Jesus one day?

MEMORY VERSE · PHILIPPIANS 3:20

“For our citizenship is in heaven, from where we also wait for a Savior, the Lord Jesus Christ;”

DAY 12 Stand Firm and Rejoice Philippians 4:1-7

Paul tells us to rejoice in the Lord always, and instead of being anxious, to bring everything to God in prayer. When we do, He gives us a peace that doesn't even make sense to the world, a peace that guards our hearts and minds. This is one of the most comforting promises in the whole Bible for a worried family. We don't have to carry our fears alone; we can hand them to God, who cares for us.

TALK ABOUT IT

1. What worries do you sometimes carry that you could give to God in prayer?
2. What do you think God's peace that 'guards our hearts' feels like?
3. How could our family pray together the next time we feel anxious?

MEMORY VERSE · PHILIPPIANS 4:6

“In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.”

DAY 13 Think on These Things Philippians 4:8-9

Paul gives us a wonderful list of things to fill our minds with: whatever is true, noble, right, pure, lovely, and admirable. What we think about really does shape how we feel and act, so God invites us to dwell on good things rather than fear or anger. As a family, we can choose to fill our hearts and conversations with what is good and true. And the God of peace, Paul promises, will be right there with us.

TALK ABOUT IT

1. Why do you think what we focus our minds on matters so much?
2. Which word on Paul's list stands out to you, and why?
3. What is one good and true thing you could choose to think about today?

MEMORY VERSE · PHILIPPIANS 4:8

“Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things.”

DAY 14 Contentment in Christ Philippians 4:10-23

As Paul closes his letter, he shares his secret to joy: he has learned to be content whether he has plenty or little, because his strength comes from Christ. His famous words, 'I can do all things through him who gives me strength,' aren't about winning at everything, but about facing any situation with Jesus' help. True contentment isn't found in having more; it's found in having Jesus. That is the secret to the joy that has filled this whole letter.

TALK ABOUT IT

1. What do you think it means to be content in any situation?
2. Why is real joy found in Jesus rather than in getting more things?
3. Looking back over Philippians, what is one thing about joy you want to remember?

MEMORY VERSE · PHILIPPIANS 4:13

"I can do all things through Christ, who strengthens me."

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