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Table of Contents

Translation Questions	4
Philippians	4
Contributors	38
unfoldingWord@ Translation Questions Contributors	38
unfoldingWord@ Literal Text Contributors	38
unfoldingWord@ Simplified Text Contributors	39

Philippians

Philippians 1

Philippians 1:1

ULT

¹ Paul and Timothy, servants of Christ Jesus, to all the saints in Christ Jesus being in Philippi, with {the} overseers and deacons.

UST

¹ {I,} Paul, {am writing this letter} to all of God's people who are joined to the Messiah Jesus in {the city of} Philippi. Timothy is with me. We are servants of the Messiah Jesus. {We especially write this letter} for the leaders of the believers and for those who assist {them}.

To whom did Paul address this letter?

Paul addressed this letter to all the people who are set apart in Christ Jesus at Philippi, including the overseers and deacons.

Philippians 1:2

ULT

² Grace to you and peace from God our Father and {the} Lord Jesus Christ.

UST

² May God our Father and our Lord Jesus the Messiah {continue to} be kind to you and {make you} peaceful.

(There are no questions for this verse.)

Philippians 1:3

ULT

³ I thank my God in all {my} remembrance of you,

UST

³ Every time I think about you, I thank my God whom I worship {because of you}.

(There are no questions for this verse.)

Philippians 1:4**ULT**

⁴ always, in every prayer of mine for all of you, making {my} prayer with joy

UST

⁴ I always pray joyfully each time I pray for all of you.

(There are no questions for this verse.)

Philippians 1:5**ULT**

⁵ because of your fellowship in the gospel from the first day until now;

UST

⁵ {The reason I pray joyfully is} because you have partnered with me in telling people the good news from the time you first believed {it} and you continue to partner with me now.

For what did Paul give thanks to God for the Philippians?

Paul gave thanks to God for the Philippians' fellowship in the gospel from the first day until now.

Philippians 1:6**ULT**

⁶ having been persuaded of this very {thing}, that the one having begun a good work in you will perfect {it} until {the} day of Jesus Christ;

UST

⁶ God started his good work within you {when you first believed in him}, and I am confident that he will continue that work until Jesus the Messiah returns.

Of what was Paul confident regarding the Philippians?

Paul was confident that he who had begun a good work in them would complete it.

Philippians 1:7**ULT**

⁷ just as it is right for me to think this {way} about all of you because, I have you in {my} heart, all of you being partakers with me of grace both in my chains and in {my} defense and confirmation of the gospel.

UST

⁷ I love you all greatly, so it is right for me to think about you in this way. God has kindly blessed us to share together {in this work}, both {as I endure} being a prisoner and also as I explain to people why the good news {about Jesus} is true.

In what had the Philippians been Paul's partners?

In Paul's imprisonment, and in his defense and confirmation of the gospel, the Philippians had been his partners.

Philippians 1:8**ULT**

⁸ For God {is} my witness, how I long for all of you with {the} inner parts of Christ Jesus.

UST

⁸ I desire very much to be with you all, and I love you all in the same way as Jesus the Messiah loves you. God knows that this is true.

(There are no questions for this verse.)

Philippians 1:9**ULT**

⁹ And I pray this: that your love would abound still more and more in knowledge and all understanding

UST

⁹ I pray that God will enable you to love {God and others} in a way that continues to increase. As you increasingly love others, I pray that God will also help you to know {him} better and to understand {how to love others} in all situations.

What did Paul pray would increase more and more among the Philippians?

Paul prayed that love would increase more and more among the Philippians.

Philippians 1:10**ULT**

¹⁰ so that you may approve {what} excels, so that you might be pure and blameless until {the} day of Christ,

UST

¹⁰ The reason I pray this is so that you will test and choose what is most pleasing {to God} so that then you will be completely free of doing anything wrong when the Messiah returns.

(There are no questions for this verse.)

Philippians 1:11**ULT**

¹¹ being filled with {the} fruit of righteousness {that is} through Jesus Christ to {the} glory and praise of God.

UST

¹¹ {Instead of doing wrong things,}you will be busy doing the truly good things that Jesus the Messiah enables us to do. These things will cause people to honor and praise God.

With what did Paul desire that the Philippians be filled?

Paul desired that the Philippians be filled with the fruits of righteousness.

Philippians 1:12**ULT**

¹² Now I want you to know, brothers, that the {things} concerning me have really happened for {the} advancement of the gospel.

UST

¹² My fellow believers, I want you to know that the things that have happened to me have not hindered people from hearing the good news. Instead, even more people have been able to hear the good news because I am in prison.

How had Paul's imprisonment advanced the gospel? (vv12-14)

Paul's imprisonment for Christ had become widely known, and most of the brothers were now speaking with more boldness.

Philippians 1:13**ULT**

¹³ As a result, my chains in Christ became apparent among the whole palace guard and all the others.

UST

¹³ In fact, all the military guards here and many other people now know that I am in prison because I proclaim the good news about the Messiah.

(There are no questions for this verse.)

Philippians 1:14**ULT**

¹⁴ And most of the brothers have been encouraged in the Lord by my chains to dare more fearlessly to speak the word.

UST

¹⁴ Also, because the believers {here} have seen what the Lord has done through me in prison, most of them now proclaim the good news about Jesus more courageously and fearlessly {than they did before}.

(There are no questions for this verse.)

Philippians 1:15**ULT**

¹⁵ Some indeed even proclaim Christ because of envy and strife, but also some because of goodwill,

UST

¹⁵⁻¹⁷ Some people are proclaiming the good news about the Messiah because they want to {obey God} and because they love {me and others}. They understand that God has appointed me to explain to people why the good news {about Jesus} is true. But some are not honest about why they are proclaiming the good news about the Messiah. They do it only because they want to promote themselves. They are envious of me and want to cause trouble for me. They think that I will suffer even more in prison as they become famous for proclaiming the good news.

(There are no questions for this verse.)

Philippians 1:16**ULT**

¹⁶ the ones indeed from love having understood that I am appointed for {the} defense of the gospel,

(There are no questions for this verse.)

Philippians 1:17**ULT**

¹⁷ but the ones from selfish ambition proclaim Christ not sincerely, supposing to raise up trouble in my chains.

UST

¹⁵⁻¹⁷ Some people are proclaiming the good news about the Messiah because they want to {obey God} and because they love {me and others}. They understand that God has appointed me to explain to people why the good news {about Jesus} is true. But some are not honest about why they are proclaiming the good news about the Messiah. They do it only because they want to promote themselves. They are envious of me and want to cause trouble for me. They think that I will suffer even more in prison as they become famous for proclaiming the good news.

Why were some proclaiming Christ out of selfish and insincere motives?

Some were proclaiming Christ out of selfish and insincere motives thinking they were adding to Paul's affliction in prison.

Philippians 1:18**ULT**

¹⁸ What then? Only that in every way—whether in pretext or in truth—Christ is proclaimed, and in this I rejoice. Yes, and I will rejoice,

UST

¹⁸ But what they want to do to me is not important! The important thing is that people are proclaiming {the good news about} the Messiah, either for good reasons or for bad reasons. So I am rejoicing that people are spreading the message about the Messiah! And I will continue to rejoice in that!

What was Paul's reaction to the sincere and insincere preaching of Christ?

Paul rejoiced that, either way, Christ was being proclaimed.

Philippians 1:19**ULT**

¹⁹ for I know that this will result to me in deliverance through your prayers and {the} provision of the Spirit of Jesus Christ,

UST

¹⁹ {I will rejoice} because I know how this situation will turn out: that God will deliver me {from prison}. He will do this because you are praying for me and because the Spirit of Jesus the Messiah is helping me.

(There are no questions for this verse.)

Philippians 1:20**ULT**

²⁰ according to my eager expectation and hope that I will in nothing be ashamed, but in everything have boldness, and {that} now, as always, Christ will be exalted in my body, whether through life or through death.

UST

²⁰ {I know that this will happen, because} I very confidently expect that I will continue to faithfully honor the Messiah. {I expect and desire that} I will boldly honor the Messiah by my actions now and always, whether by the way I live or by the way I die.

What did Paul desire to do in life or by death?

Paul desired to bring glory to Christ either in life or by death.

Philippians 1:21**ULT**

²¹ For to me to live {is} Christ, and to die {is} gain.

UST

²¹ As for me, I live to honor the Messiah, and if I die, it will be even better for me.

Paul said that to live is what, and to die is what?

Paul said that to live is Christ, and to die is gain.

Philippians 1:22**ULT**

²² Now if to live in {the} flesh, this {is} fruitful labor for me, but I do not know which I will choose.

UST

²² But if I continue to live here in my body, I will be able to productively serve the Messiah. So I do not know which I prefer, {to live or to die}.

What choices pulled Paul in different directions? (vv22-24)

Paul was pulled by the choices of being with Christ in death or of remaining in the flesh to continue his labor.

Philippians 1:23**ULT**

²³ But I am hard pressed between the two, having the desire to depart and to be with Christ, for {that is} very much better,

UST

²³ It is difficult for me to choose which I prefer, {living or dying}. I long to leave {this world} and go to be with the Messiah, because to be with the Messiah is very much better {than being here},

(There are no questions for this verse.)

Philippians 1:24**ULT**

²⁴ but to remain in the flesh {is} more necessary for your sake.

UST

²⁴ but I need to remain alive here on earth in order to continue to help you.

(There are no questions for this verse.)

Philippians 1:25**ULT**

²⁵ And having been persuaded of this, I know that I will remain and will continue with you all for your progress and joy in the faith

UST

²⁵ Since I am convinced of this, I know that I will remain alive with you all in order to help you to be even more joyful as you continue to trust in Jesus.

For what purpose was Paul confident that he would remain with the Philippians?

Paul was confident that he would remain with the Philippians for their progress and joy in the faith.

Philippians 1:26**ULT**

²⁶ so that in me your boasting in Christ Jesus might abound through my coming to you again.

UST

²⁶ {I will do this} so that you will praise Jesus the Messiah even more because of me, because I will come and visit you again.

(There are no questions for this verse.)

Philippians 1:27**ULT**

²⁷ Only conduct yourselves in a manner worthy of the gospel of Christ so that whether having come and having seen you or whether being absent, I might hear about you, that you stand firm in one spirit, with one soul striving together for the faith of the gospel.

UST

²⁷ The important thing is that you act in a way that honors the good news about the Messiah. {Do this} so that people will tell me that you are working hard together in a unified way as you resist those who oppose the message about the Messiah and as you help people to live according to the good news. {You must act in this way} whether or not I visit you again.

Whether with the Philippians or away from them, what did Paul want to hear about the Philippians?

Paul wanted to hear that the Philippians stood fast in one spirit, with one soul striving together for the faith of the gospel.

Philippians 1:28**ULT**

²⁸ And do not be frightened in anything by the ones opposing {you}. This is a sign to them of {their} destruction, but of your salvation—and this from God.

UST

²⁸ Do not let the people who are against you make you afraid by anything {that they do or say}. When they see that you are not afraid of them, they will know that God will destroy them, but he will save you. All of this is from God.

When the Philippians did not fear those opposing them, of what was that a sign?

When the Philippians did not fear those opposing them, it was a sign of their opponents' destruction, but of the believers' salvation.

Philippians 1:29**ULT**

²⁹ For it has been freely given to you on behalf of Christ not only to believe in him, but also to suffer on behalf of him,

UST

²⁹ God does this for you because he has given you the gift of suffering for the Messiah, along with the gift of believing in him.

What two things had been granted to the Philippians by God?

It had been granted to the Philippians that they believe on Christ, but also that they suffer on his behalf.

Philippians 1:30**ULT**

³⁰ having the same struggle which you saw in me, and now you hear in me.

UST

³⁰ You saw how I had to resist the people who opposed me {when I was there in Philippi}. Now you have to resist the people who are opposing you in the same way. As people tell you even now, I am still struggling to resist such people.

(There are no questions for this verse.)

Philippians 2

Philippians 2:1

ULT

¹ Therefore, if {there is} any encouragement in Christ, if any comfort of love, if any fellowship of {the} Spirit, if any affections and compassions,

UST

¹ Since the Messiah encourages us, since he comforts us with his love, since the Spirit has produced fellowship {among you}, since {God gives you} affection and compassion {toward one another},

(There are no questions for this verse.)

Philippians 2:2

ULT

² fulfill my joy that you might think the same, having the same love, united in soul, thinking the one {thing}.

UST

² make me completely happy by doing the following things: Agree with one another, love one another, be closely united with one another, be united in your thinking.

What does Paul say the Philippians must do to make his joy full?

The Philippians must be of the same mind, have the same love, and be united in spirit and mind.

Philippians 2:3

ULT

³ {Do} nothing according to selfish ambition or according to empty conceit, but with humility considering others better than yourselves,

UST

³ Never try to selfishly make yourselves more important than others, and do not think of yourselves as better than others. Instead, be humble, and treat others as more important than yourselves.

How does Paul say the Philippians should consider each other?

The Philippians should consider each other better than themselves.

Philippians 2:4**ULT**

⁴ each one not considering the {things} of themselves, but also the {things} of each other.

UST

⁴ Each one of you should not only be concerned about your needs. Instead, you should also be concerned about other people and their needs.

(There are no questions for this verse.)

Philippians 2:5**ULT**

⁵ Have this attitude in you which also {was} in Christ Jesus,

UST

⁵ Think the same way as the Messiah Jesus thought:

Whose mind does Paul say we need to have? (vv5-6)

Paul says we need to have the mind of Christ Jesus.

Philippians 2:6**ULT**

⁶ who, existing in {the} form of God, did not consider being equal with God something to be grasped.

UST

⁶ Although he was in every way the same as God, he did not insist on keeping all the privileges of being equal with God.

In what form did Christ Jesus exist?

Christ Jesus existed in the form of God.

Philippians 2:7**ULT**

⁷ Instead, he emptied himself, having taken {the} form of a servant, having been born in {the} likeness of men, and having been found in appearance as a man,

UST

⁷ Rather, he gave up divine privileges and became a servant to others and became a human being. When he had become a human being,

What form did Christ Jesus then take?

Christ Jesus then took the form of a servant, in the appearance of a man.

Philippians 2:8**ULT**

⁸ he humbled himself, having become obedient to the point of death, even death on a cross!

UST

⁸ he humbled himself further. Specifically, {he humbled himself} by obeying God so far as to be willing to die. He was even willing to die by being crucified on a cross.

How did Jesus humble himself?

Jesus humbled himself by obeying to the point of death on the cross.

Philippians 2:9**ULT**

⁹ Therefore, God also highly exalted him and gave him the name {that is} above every name

UST

⁹ Because {the Messiah humbly obeyed God,} God also honored him very much; he honored him more than any other person or being,

What did God then do for Jesus?

God highly exalted Jesus and gave him the name above every name.

Philippians 2:10**ULT**

¹⁰ so that at the name of Jesus every knee would bend, in heaven and on earth and under the earth,

UST

¹⁰ so that before Jesus, every being will bow down and honor him, beings who are in heaven and beings on earth and beings under the earth;

(There are no questions for this verse.)

Philippians 2:11**ULT**

¹¹ and every tongue would confess that Jesus Christ {is} Lord, to {the} glory of God {the} Father.

UST

¹¹ and every mouth will say, that Jesus the Messiah is Lord, so that God the Father is honored.

What will every tongue confess?

Every tongue will confess that Jesus Christ is Lord.

Philippians 2:12**ULT**

¹² So then, my beloved, just as you always obeyed, not only as in my presence, but now much more in my absence, work out {your} own salvation with fear and trembling.

UST

¹² As a result of these things, my dearly loved fellow believers, as you have always obeyed God when I was with you, now that I am apart from you, you also must obey him even more. Every one of you, work with God in his saving work within you, and do this humbly reverencing God.

How are the Philippians called to work out their salvation?

The Philippians are to work out their salvation with fear and trembling.

Philippians 2:13**ULT**

¹³ For God is the one working in you both to will and to work for {his} good pleasure.

UST

¹³ For God is doing something within you so that you will want to do—and then actually do—the good things that please him.

What does God work in believers to do?

God works in believers both to will and to work for his good pleasure.

Philippians 2:14**ULT**

¹⁴ Do all {things} without complaining or arguing

UST

¹⁴ Do everything without grumbling or quarreling.

Everything must be done without what?

Everything must be done without complaining and arguing.

Philippians 2:15**ULT**

¹⁵ so that you might become blameless and pure, children of God without blemish in the midst of a crooked and perverted generation, among whom you shine as lights in {the} world,

UST

¹⁵ Behave like that in order that you may be completely faultless, children of God, who keep yourselves from evil as you live among the wicked people of this world. Then, as you live among them, you will stand out brightly against the darkness of sin.

(There are no questions for this verse.)

Philippians 2:16**ULT**

¹⁶ holding forth {the} word of life for my boasting on {the} day of Christ that I did not run in vain nor labor in vain.

UST

¹⁶ Tell others the message about how to have eternal life. {Do all these things} so that at the time when the Messiah returns, I will be able to rejoice that I did not work hard among you uselessly.

(There are no questions for this verse.)

Philippians 2:17**ULT**

¹⁷ But even if I am being poured out as an offering on the sacrifice and service of your faith, I rejoice and rejoice with you all.

UST

¹⁷ And I am joyful and I will rejoice with you all, despite suffering daily or going through times when those who oppose the gospel try to kill me. I will gladly suffer along with you, adding to your service which you offer because you believe in him.

For what purpose is Paul pouring out his life?

Paul is pouring out his life in the sacrifice and service of the Philippian's faith.

Philippians 2:18**ULT**

¹⁸ Now in the same manner, you also rejoice and rejoice with me.

UST

¹⁸ In the same way also, each of you should rejoice regarding these things; you should rejoice together with me!

(There are no questions for this verse.)

Philippians 2:19**ULT**

¹⁹ Now I hope in {the} Lord Jesus to send Timothy to you soon so that I also might be encouraged, having come to know the {things} concerning you.

UST

¹⁹ I am hoping that the Lord Jesus will soon allow me to be able to send Timothy to visit you. I want this visit to happen because I hope he can encourage me when he returns with news of you.

(There are no questions for this verse.)

Philippians 2:20**ULT**

²⁰ For I have no one like-minded, who will be genuinely anxious about the {things} concerning you,

UST

²⁰ I have no one else like Timothy who genuinely cares for you.

Why is Timothy a unique helper for Paul?

Timothy is unique because he truly cares for the Philippians.

Philippians 2:21**ULT**

²¹ for they all seek {their} own {things}, not the {things} of Jesus Christ.

UST

²¹ All the others whom I might send to you are concerned only about their own matters. They are not concerned enough about what Jesus the Messiah considers important.

(There are no questions for this verse.)

Philippians 2:22**ULT**

²² But you know his proven worth, that as a child with {his} father, he served with me in the gospel.

UST

²² But you know that Timothy has proved that he serves the Lord and others faithfully. You know that he has served the Lord closely together with me in proclaiming the good news to people.

(There are no questions for this verse.)

Philippians 2:23**ULT**

²³ Therefore, I hope to send him at once, as soon as I would see {how} the {things} concerning me {go}.

UST

²³ I am hoping to send Timothy to you as soon as I know what will happen to me.

(There are no questions for this verse.)

Philippians 2:24**ULT**

²⁴ But I trust in {the} Lord that I myself will also come soon.

UST

²⁴ And I am confident that the Lord will allow me to be released soon, so that I myself will also come to you.

Is Paul expecting to see the Philippians?

Yes, Paul expects to see the Philippians soon.

Philippians 2:25**ULT**

²⁵ Now I consider {it} necessary to send back to you Epaphroditus, my brother and fellow worker and fellow soldier, and your messenger and minister for my needs,

UST

²⁵ I have concluded that I should send Epaphroditus back to you. He is a fellow believer and my fellow worker, and he endures difficulties together with me just like soldiers endure difficulties together. He is your messenger and servant, whom you sent to help me when I was needy.

(There are no questions for this verse.)

Philippians 2:26**ULT**

²⁶ seeing that he has been longing to be with you all, and he is distressed because you heard that he was sick.

UST

²⁶ Epaphroditus eagerly desires to be there with you at Philippi, and he is concerned for you {that you would be worried about him} since you learned of his illness.

(There are no questions for this verse.)

Philippians 2:27**ULT**

²⁷ For indeed he was sick nearly to death, but God had mercy on him, and not on him only, but also on me, so that I might not have sorrow upon sorrow.

UST

²⁷ Indeed, he was so sick that he almost died. But God pitied him, and he also pitied me{, and as a result, he healed him}. God pitied me so that I would not grieve even more.

(There are no questions for this verse.)

Philippians 2:28**ULT**

²⁸ Therefore, I sent him all the more eagerly, so that, having seen him again, you might rejoice, and I might be free from pain.

UST

²⁸ So I am sending him back to you as quickly as possible. I will do this in order that you may rejoice when you see him again, and so that I might grieve less.

(There are no questions for this verse.)

Philippians 2:29**ULT**

²⁹ Therefore, welcome him in {the} Lord with all joy, and hold in honor the ones such as {him},

UST

²⁹ Receive Epaphroditus joyfully as a fellow believer, and honor other believers who are like him.

(There are no questions for this verse.)

Philippians 2:30

ULT

³⁰ since for the sake of the work of Christ, he came near even to death, risking {his} life so that he might make up your lack of service to me.

UST

³⁰ Do this because, as Epaphroditus was working for the Messiah, he almost died. He knew that he might die as a result of helping me, and he nearly did die. He helped me in order to supply the things that I needed, something you could not do because you are far away from me.

For what did Epaphroditus almost die?

Epaphroditus almost died doing the work of Christ, serving Paul and supplying Paul's needs.

Philippians 3

Philippians 3:1

ULT

¹ {As to} the rest, my brothers, rejoice in {the} Lord. For me to write these same {things} to you {is} no trouble, and {is} a safeguard for you.

UST

¹ Finally, my fellow believers, rejoice in who God is, and rejoice about what he has done and is doing. Though I will now write to you about the same things that I mentioned to you before, this is not tiresome for me, and it will protect you from being led astray by those who teach things that are not true.

(There are no questions for this verse.)

Philippians 3:2

ULT

² Beware of the dogs, beware of the evil workers, beware of the mutilation.

UST

² Guard yourselves against the ones who are like dirty dogs. Guard yourselves against the ones who teach what is false. Guard yourselves against the ones who cut their bodies.

For whom does Paul warn the believers to watch out?

Paul warns the believers to watch out for the dogs, the evil workers, and the mutilators.

Philippians 3:3

ULT

³ For we are the circumcision—the ones worshiping by {the} Spirit of God and boasting in Christ Jesus and having no confidence in {the} flesh,

UST

³ But as for us—we ourselves are what it truly means to be circumcised. The Spirit of God enables us to truly worship God, and we glory in the Messiah Jesus rather than trusting in religious acts such as circumcision.

Who does Paul say are the true circumcision?

Paul says the true circumcision are those who worship in the Spirit of God, glory in Christ Jesus, and have no confidence in the flesh.

Philippians 3:4**ULT**

⁴ although I myself having confidence even in {the} flesh. If anyone else thinks to have confidence in {the} flesh, I even more:

UST

⁴ However, if anyone thinks they could trust in religious acts, I could; and I even more than others. {I will tell you why.}

(There are no questions for this verse.)

Philippians 3:5**ULT**

⁵ circumcision on the eighth day, from {the} nation of Israel, of {the} tribe of Benjamin, a Hebrew of Hebrews; according to {the} law, a Pharisee;

UST

⁵ I was circumcised eight days after I was born. I am from the people of Israel and am a descendant of the tribe of Benjamin. I am a Hebrew who has retained the Hebrew language and way of living. As regards obeying the laws of Moses, I was a Pharisee, and therefore I strictly obeyed all the laws of Moses and teachings of the scribes.

(There are no questions for this verse.)

Philippians 3:6**ULT**

⁶ according to zeal, persecuting the church; according to righteousness {that is} in {the} law, having become blameless.

UST

⁶ With regard to being passionate about what I believed, I was so extremely passionate about what I believed that I caused those who followed Jesus to suffer. With regard to doing what God required in the law of Moses and doing what the scribes required concerning it, I was without fault.

How does Paul describe his previous conduct in respect to the righteousness of the law?

Paul describes his previous conduct as blameless in respect to the righteousness of the law.

Philippians 3:7**ULT**

⁷ Whatever {things} were gains for me, I consider these {things} loss for the sake of Christ.

UST

⁷ But all the things that I formerly trusted in, these same things I now consider to be worthless because of the Messiah.

How does Paul now regard his previous confidence in the flesh?

Paul now counts all his previous confidence in the flesh as worthless because of Christ.

Philippians 3:8**ULT**

⁸ But on the contrary, I consider even all {things} to be loss because of the surpassing value of the knowledge of Christ Jesus my Lord, because of whom I have suffered the loss of all {things}—and I consider {them} dung—so that I might gain Christ

UST

⁸ Instead, even more, I now regard all things as worthless compared to how great it is to know the Messiah, Jesus my Lord. For his sake I have willingly given up all things and I think of them as feces to throw away in order that I might have the Messiah.

For what purpose does Paul now consider all the previous things as garbage?

Paul considers all the previous things as garbage so that he may gain Christ.

Philippians 3:9**ULT**

⁹ and be found in him, not having my own righteousness {that is} from law, but {that which is} through faith in Christ—the righteousness from God by faith—

UST

⁹ I have willingly given up the things I formerly trusted in so that I might be fully united with the Messiah by believing in him, and not by obeying the laws that God gave to Moses. {I do this because I know} that the only way to please God is by believing in the Messiah.

What righteousness does Paul now have?

Paul now has the righteousness from God that is through faith in Christ.

Philippians 3:10**ULT**

¹⁰ to know him and the power of his resurrection and {the} fellowship of his sufferings, being conformed to his death,

UST

¹⁰ I want to know the Messiah better and better. I want to continually experience him working powerfully in my life, just like God worked powerfully when he caused the Messiah to become alive after he had died. I also want to be continually willing to suffer in order that I may obey God, just like the Messiah suffered in order that he might obey God. I want to become like him in his death.

Paul has fellowship with Christ in what?

Paul has the fellowship of Christ's sufferings.

Philippians 3:11**ULT**

¹¹ if, in some way, I might attain to the resurrection {that is} from {the} dead.

UST

¹¹ {I want all of this because} I somehow want God to cause me to live again after I have died.

(There are no questions for this verse.)

Philippians 3:12**ULT**

¹² Not that I already received {it}, or have already been made perfect, but I am pursuing {it}, if perhaps I might also grasp that for which I was also grasped by Christ Jesus.

UST

¹² I do not claim that I have already attained this. Nor do I say that God has already finished working in me to make me like Jesus. But I earnestly try to become more and more like Jesus, because this is why Jesus the Messiah took hold of me.

Although he is not yet complete, what does Paul continue to do?

Paul pursues perfection to grasp the reason for which Jesus grasped him.

Philippians 3:13**ULT**

¹³ Brothers, I do not consider myself to have grasped {it}. But one {thing}: forgetting {what is} behind and straining for {what is} ahead,

UST

¹³ My fellow believers, I certainly do not think that I have already become completely like Jesus. Nor have fully known him. Rather, I have determined to forget about the things that are in the past and to work hard for the things that are in front of me.

(There are no questions for this verse.)

Philippians 3:14**ULT**

¹⁴ I press on toward {the} goal for the prize of the upward calling of God in Christ Jesus.

UST

¹⁴ Instead, I concentrate only on continuing to become more and more like Jesus until I die. As a result, because of my relationship with Jesus the Messiah, God will reward me in heaven.

Toward what goal does Paul press on?

Paul presses on toward the goal to win the prize of the upward calling of God in Christ Jesus.

Philippians 3:15**ULT**

¹⁵ Therefore, as many as {are} perfect should think this {way}; and if you think differently about anything, God will also reveal that to you.

UST

¹⁵ So then, all of us who are mature believers should think this same way. But if you think differently about anything I have just written, God also will show this to you.

(There are no questions for this verse.)

Philippians 3:16**ULT**

¹⁶ However, in what we have attained, we should live in it.

UST

¹⁶ However, regarding the true things that God has already revealed to us, let us all conduct our lives according to these things.

(There are no questions for this verse.)

Philippians 3:17**ULT**

¹⁷ Become imitators of me, brothers, and watch closely the ones walking in this manner, just as you have us {as} an example.

UST

¹⁷ My fellow believers, join together in imitating me, and observe closely those people who live as we do.

What does Paul tell the Philippians to do regarding the example of his walk?

Paul tells the Philippians to join and imitate him in his walk.

Philippians 3:18**ULT**

¹⁸ For many walk—about whom I have often told you, but now even weeping, I say—{as} the enemies of the cross of Christ,

UST

¹⁸ There are many people who act in a way that shows that they oppose the message about the Messiah dying on the cross. I have told you about these people many times before, and now I am sad, even crying, as I tell you about them again.

(There are no questions for this verse.)

Philippians 3:19**ULT**

¹⁹ whose end {is} destruction, whose god {is their} belly, and {whose} glory {is} in their shame, the ones thinking about earthly things.

UST

¹⁹ God will severely punish these people. These people serve their physical desires rather than God, and they are proud of the very things of which they should be ashamed. These people only think about earthly things instead of heavenly things.

What is the destiny of those whose god is their belly and who think about earthly things?

Those whose god is their belly and who think about earthly things are destined for destruction.

Philippians 3:20**ULT**

²⁰ But our citizenship exists in heaven, from where we also eagerly await a Savior, {the} Lord Jesus Christ,

UST

²⁰ As for us, we are citizens of heaven, and it is from heaven that we eagerly wait for our Lord Jesus the Messiah to return and rescue us.

Where does Paul say the citizenship of believers is located?

Paul says the citizenship of believers is in heaven.

Philippians 3:21**ULT**

²¹ who will transform our lowly body to conformity to his glorious body, according to the working of his power even to subject all {things} to himself.

UST

²¹ God will change the weak and humble bodies that we have now to be bodies like the glorious resurrected body of Jesus. He will do this by his power, by which he is able to control all things.

What will Christ do to the bodies of believers when he comes from heaven?

Christ will transform the lowly bodies of believers into bodies formed like his glorious body.

Philippians 4

Philippians 4:1

ULT

¹ Therefore, my brothers, beloved and longed for, my joy and crown, in this way stand firm in {the} Lord, beloved.

UST

¹ My fellow believers, I love you, and I greatly desire to see you. I rejoice because of you; you are the reason God will reward me. In the way that I have just described to you {in this letter}, continue to be steadfastly committed to the Lord, my fellow believers whom I love.

What does Paul want his beloved friends in Philippi to do?

Paul wants the Philippians to stand firm in the Lord.

Philippians 4:2

ULT

² I urge Euodia and I urge Syntyche to think the same in {the} Lord.

UST

² I urge you, Euodia, and I urge you, Syntyche, to again have a peaceful relationship with each other, because you are both joined to the Lord.

What does Paul wish to see happen with Euodia and Syntyche?

Paul wishes to see Euodia and Syntyche have the same mind in the Lord.

Philippians 4:3

ULT

³ Yes, I also ask you, true companion, to help these {women} who labored with me in the gospel, with also Clement and the rest of my fellow workers, whose names {are} in {the} Book of Life.

UST

³ And I also urge you, my faithful partner, to please help these women. {Please help them because} they have helped me spread the good news, as have Clement and the rest of my fellow laborers, whose names God has written in his book of those who will live with him forever.

(There are no questions for this verse.)

Philippians 4:4**ULT**

⁴ Rejoice in {the} Lord always. Again I will say, rejoice.

UST

⁴ Always rejoice in who God is and what he has done and is doing! I say again, rejoice!

What does Paul tell the Philippians to always do?

Paul tells them to rejoice in the Lord always.

Philippians 4:5**ULT**

⁵ Let your gentleness be known to all men. The Lord {is} near.

UST

⁵ Act in such a way that all people see that you are gentle. {Do this because} the Lord will return soon.

(There are no questions for this verse.)

Philippians 4:6**ULT**

⁶ Be anxious about nothing, but in everything, by prayer and petition with thanksgiving, let your requests be known to God,

UST

⁶ Do not worry about anything. Instead, in every situation pray to God, and tell him exactly what you need, and ask him to help you. And thank God for all he does for you.

Instead of being anxious, what does Paul say to do?

Paul says that instead of being anxious, we are to tell God in prayer what we need, and thank him.

Philippians 4:7**ULT**

⁷ and the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

UST

⁷ As a result God will enable you not to worry about anything, and he will protect how you think and feel, as you are joined to the Messiah Jesus.

If we do this, what will guard our hearts and thoughts?

If we do this, the peace of God will guard our hearts and thoughts.

Philippians 4:8**ULT**

⁸ {As to} the rest, brothers, as many as are true, as many as honorable, as many as just, as many as pure, as many as lovely, as many as reputable, if anything {is} virtuous, and if anything {is} praiseworthy, think about these {things}.

UST

⁸ Finally, my fellow believers, think about whatever is true, whatever is worth honoring, whatever is right, whatever is faultless, whatever is pleasing, whatever is worth admiring, whatever is good, whatever is worth praising: These are the things that you should always be thinking about.

Upon what kinds of things does Paul say to think?

Paul says to think upon things that are honorable, just, pure, lovely, of good report, excellent, and praiseworthy.

Philippians 4:9**ULT**

⁹ And what you learned and received and heard and saw in me, do these {things}, and the God of peace will be with you.

UST

⁹ Continually do the things that I have taught you and the things you have heard me say and the things you have seen me do. If you do these things, the God who causes us to be at peace will be with you.

(There are no questions for this verse.)

Philippians 4:10**ULT**

¹⁰ Now I greatly rejoice in {the} Lord, because now at last you renewed {your} concern on my behalf, for which indeed you were concerned, but were lacking opportunity.

UST

¹⁰ I rejoice greatly and thank the Lord, because now, after some time, {by sending money to me} you have once again shown that you are concerned about me. Indeed, you were concerned about me all the time, but you had no opportunity to show it.

What have the Philippians now been able to renew?

The Philippians have now been able to renew their concern for Paul.

Philippians 4:11**ULT**

¹¹ Not that I speak according to need, for I myself have learned in whatever I am to be content.

UST

¹¹ Do not think that I am saying this because I am concerned about lacking something I need. Rather, I have learned how to be happy no matter what situation I am in.

What secret has Paul learned about living in different circumstances? (vv11-12)

Paul has learned the secret of living contently in both abundance and need.

Philippians 4:12**ULT**

¹² I know both {how} to be brought low, and I know {how} to abound. In each {situation} and in all {situations}, I have learned both to be filled and to be hungry, and to abound and to be in need.

UST

¹² I have learned how to be happy when I do not have what I need and how to be happy when I have more than I need. I have learned how to be happy when I am hungry and when I have plenty of food to eat. I have learned how to be happy in all circumstances and at all times.

(There are no questions for this verse.)

Philippians 4:13**ULT**

¹³ I can do all {things} in the one strengthening me.

UST

¹³ Because the Messiah strengthens me, I am able to respond well to every situation.

By what power can Paul live contently?

Paul can live contently in all circumstances through Christ, who strengthens him.

Philippians 4:14**ULT**

¹⁴ However, you did well, having shared together in my affliction.

UST

¹⁴ Nevertheless, you did the right thing to help me in my difficult situation.

(There are no questions for this verse.)

Philippians 4:15**ULT**

¹⁵ Now you Philippians also know that in {the} beginning of the gospel, when I went out from Macedonia, no church shared with me in {the} matter of giving and receiving except you alone,

UST

¹⁵ You yourselves, my friends there at Philippi, know that during the time I first proclaimed the good news to you, when I left there to go out from the province of Macedonia, no assembly of believers except you sent me funds or helped me in any way!

(There are no questions for this verse.)

Philippians 4:16**ULT**

¹⁶ for even in Thessalonica, both once and twice you sent for my needs.

UST

¹⁶ Even when I was in the city of Thessalonica, more than once you sent me money to supply what I needed.

(There are no questions for this verse.)

Philippians 4:17**ULT**

¹⁷ Not that I seek the gift, but I seek the fruit {that} is increasing to your account.

UST

¹⁷ I do not say this because I desire that you give me money. Instead, I desire that God will abundantly reward you {as a result of your helping me}.

What does Paul seek for the Philippians in their giving to provide for his needs?

Paul seeks the fruit that increases to the Philippians' account.

Philippians 4:18**ULT**

¹⁸ Now I have all {things} in full, and I abound. I have been filled, having received from Epaphroditus the {things} from you, an aroma, a sweet smell, an acceptable, pleasing sacrifice to God.

UST

¹⁸ You have given me a very generous gift, and, as a result, I have all I require and more. I have an abundant supply of what I need, because you sent Epaphroditus to me with your gift. God considers that your gift is very acceptable, and he is very pleased with it.

How does God view the gift made by the Philippians to Paul?

God is pleased with the gift that the Philippians have made to Paul.

Philippians 4:19**ULT**

¹⁹ Now my God will fulfill all your need according to his riches in glory in Christ Jesus.

UST

¹⁹ God, whom I serve, will supply everything you need, because you belong to Jesus the Messiah and because he owns all things.

What does Paul say God will do for the Philippians?

Paul says that God will supply every need of the Philippians according to his riches in glory in Christ Jesus.

Philippians 4:20**ULT**

²⁰ Now to our God and Father {be} the glory forever {and} ever. Amen.

UST

²⁰ Now, may our God and Father be praised and honored forever! Amen!

(There are no questions for this verse.)

Philippians 4:21**ULT**

²¹ Greet every saint in Christ Jesus. The brothers with me greet you.

UST

²¹ Greet for me all God's people there. They all belong to Jesus the Messiah. The believers with me greet you also.

(There are no questions for this verse.)

Philippians 4:22**ULT**

²² All the saints greet you, but especially the ones from the household of Caesar.

UST

²² All of God's people here send their greetings to you. The fellow believers who work in the palace of Caesar, the emperor, especially send their greetings to you.

Paul says that those of which household greet the Philippians?

Those of Caesar's household greet the Philippians.

Philippians 4:23**ULT**

²³ The grace of the Lord Jesus Christ {be} with your spirit. Amen. ^[1]
4:23 ^[1]

UST

²³ I desire and pray that our Lord Jesus the Messiah will continue to act kindly toward you all. Amen.

(There are no questions for this verse.)

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