



PHILIPPIANS 4:4-9 WEEK 1

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this week is Philippians 4:4-5... rejoicing in the Lord!

1. Warmup With 4!

Complete these 4 exercises to get started in Philippians 4...

- **Watch** the 'Intro to Philippians' 4 video on our YouTube channel, Established Footsteps Ministry.
- **Read** Philippians 4:4-9 in 3 Bible translations. (Find a variety of translations at www.biblegateway.com)
- **Copy** Philippians 4:4-5 in the translation that you connect with most.
- **Memorize** Philippians 4:4-5. Get started now and add on sections of it throughout the week.

*Helpful tips for memorization are available on our website www.establishedfootsteps.com

2. Soul Plank *"Rejoice in the Lord..."*

***Note:** Planking is an exercise in which a prone person balances on the toes and forearms while holding the rest of the body up off the ground for a set amount of time. It requires strength and continuous focus. In Soul Pilates, we won't be planking physically, but we do Soul Plank! **Soul Planks are moments when we stop to give some continued focus to looking downward at our souls, the way we think, feel and make decisions...** and as we gaze, being intentional to raise ourselves upward toward God's better way.

Keeping that in mind, let's soul plank in God's better way of joy by looking at the first part of verse 4, *"Rejoice in the Lord..."* If there were such a thing, an x-ray of our soul (our thoughts, emotions and will) might reveal that we are lacking joy. This lack is often found in the fact that we tend to base our joy in circumstances. Verse 4 calls us to something totally different... to *"rejoice in the Lord"*. Holding a plank physically requires that we access our abdominal core strength, but holding a plank of spiritual joy requires that we access Him...that we literally find our joy in Him... in Who He is, what He does and the strength of His character. So, make a list in your journal of everything you can think of about the Lord that brings joy. Then hold that position of joy in place as you review your list in a spirit of worship. If you weary in your plank, return to your list.

3. Soul Plank *"Rejoice in the Lord always..."*

Verse 4 not only tells us to *"Rejoice in the Lord..."* but it tells us when to do so, and that direction is *"always"*. In regard to physical planking, many people set goals of holding a plank for a certain amount of time. The world record, set in 2016 is 8 hours and 1 minute! Pretty impressive, however that doesn't even compare to how long the Lord tells us hold this spiritual plank of joy which is *"always"*. So, ask yourself if you have you met this goal? If not, consider the following to strengthen your spiritual core strength. Journal your thoughts.

- What is specifically getting in the way of God's *"always"* goal for holding my soul in a place of joy?
- How could the list I made about the Lord in exercise #2 make a difference?
- How can I access this list on a regular basis to make sure I don't drop my soul plank out of joy?

4. Repetition Principle

When directions are repeated, their importance level rises. Not only does verse 4 repeat this direction of joy twice, but Philippians as a whole speaks of joy 7 times. Obviously, it is important to the Lord for us to live in joy. And I believe it expresses His heart for us! Take a moment to meditate on the importance of this repeated direction. Journal your thoughts.

5. Mirror Moment... verse 5

God's Word has been referred to as a mirror for our souls. So, take a moment to let verse 5 look within. As we *"rejoice in the Lord always"* we will develop a *"forbearing spirit"* (a gentle, considerate and gracious attitude) to all. Is this attitude seen in your mind, will and emotions? Journal your thoughts and prayer about what you see. Make adjustments as needed.

6. Use the Scripture Prayer Image to help you specifically pray into the reality of verse 4 in your life...