

A passage to unpack

Philippians 4 v 4-9

Find the book of Philippians in the New Testament, find Chapter 4 and read verses 4-9



Gentle and Kind

Verse 5 says we should show our gentleness and kindness to others. Write or draw a way you can show kindness to somebody you live with this week.

Philippians was a letter written to the Christians living in Philippi. Throughout the letter Paul encourages the readers to live joy filled lives for God. It must have been difficult and scary to be part of the early church, in a time when Christians were being attacked for their beliefs.

What is one of the things that brings you the most joy? Draw it here.

Think on these things...

Paul encourages his readers to think on positive things. Even though we are living in strange and sometimes worrying times we can think about positive things too.

Spend a few moments thinking about each of these things, ask God to speak to you and write down or draw anything that comes into your mind here.

good things

things which are worthy of praise

right things

honourable things

pure things

true things



beautiful things

respected things



It can be hard to remain positive all the time, particularly when we are living through difficult times, but we can bring all our worries or fears to God in prayer and ask Him to give us a fresh boost of joy and positive thinking.