

# Adult Bible Study

in Simplified English

*Philippians:  
A Choice to Rejoice*

## Lesson 13: It Is Well With My Soul

### Bible Text

Philippians 4:10-23

### Memory Verse

“... I have learned to be happy with whatever I have ... I can do all things because Christ gives me the strength.” (Philippians 4:11b,13)

### Word List

**content:** to feel peaceful happiness; to be pleased or satisfied with what one has

How do you look at life? Are you a glass half full or a glass half empty person? Some see a glass half filled with water. They say, “Oh good, it is still half full of water.” Others see the same glass and say, “Oh no, it is already half empty.” The lesson today tells how Paul saw life. He was happy and full of joy because of his faith in Jesus.

### Learn to be Happy (Philippians 4:10-12)

**10** The Lord gives me a reason to be full of joy. It is because you are able to care for me again. I know you wanted to before but you did not have

a way to help me.

**11** I am not saying I need anything. I have learned to be happy with whatever I have.

**12** I know how to get along with little and how to live when I have much. I have learned the secret of being happy at all times. If I am full of food and have all I need, I am happy. If I am hungry and need more, I am happy.

Paul is full of joy because of God. He knows that God gives everything he needs and he is thankful to God that the believers in Philippi have helped him.

We remember that Paul is writing that he is happy and full of joy even as he is writing from inside a jail in Rome. Paul had learned how to be happy. He did not spend his time worrying about what he did or did not have. He had seen God working in his life in the past and he had faith God would help him in the future. Paul knew that to be happy or **content** was a gift from God.

Paul was happy with his life. He did not spend his time writing about how bad things were. He wrote about how God cared for him and how the believers in Philippi helped as they could. This gave him joy.

### Learn Where to Find Strength (Philippians 4:13-17)

**13** I can do all things because Christ gives me the strength.

**14 It was kind of you to help me when I was in trouble.**

**15 You Philippians also know that when I first preached the Good News, you were the only church that helped me. It was when I left for the country of Macedonia.**

**16 Even while I was in the city of Thessalonica you helped me more than once.**

**17 It is not that I want to receive the gift. I want you to get the pay that is coming to you later.**

Many people know verse 13. Paul did not say that he could do anything he wanted to do. He did not write of his own power. Everything that made him happy came because he knew Jesus. God is the One Who has power. He is the one who gave Paul strength to do all things.

Paul depended on Jesus. He did not think about what he did not have. Paul kept thinking about what he did have in Christ. Paul knew he should have died because of his sin. He was grateful that Christ forgave him and gave life that lasts forever. He had no fear. We should think this same way. We are not the ones with power. We do what we can do for God because it is Jesus Who gives us strength.

Paul was also happy that the believers in Philippi helped him with what he needed. He did not have to do God's work alone. When new believers helped, it showed that they were growing in their faith. We too can

help others who are telling the Good News of Jesus.

Paul remembered past times when the church in Philippi had been the only church helping him. He said they would receive a reward for sharing as they told others about Jesus. The believers were partners with Paul in his work. They would receive pay for their kindness when Jesus comes again. We can either build up wealth here for our own comfort and security. Or we can build up treasure in heaven. Faith in Jesus will bring true wealth because of knowing God's great love.

### **Learn to Give (Philippians 4:18-20)**

**18 I have everything I need and more than enough. I am taken care of because Epaphroditus brought your gift. It is a sweet gift. It is a gift that cost you something. It is the kind of gift God is so pleased with.**

**19 And my God will give you everything you need because of His great riches in Christ Jesus.**

**20 Now may our God and Father be honored forever. Let it be so.**

The gift of this church to Paul was really a gift to God. Paul said it was a sweet gift, a gift with a pleasing smell. Some people "re-gift" something they do not want and give it to someone else. This gift was not like that. This gift cost the believers in Philippi

something. God was pleased with them.

Paul promised God would give them everything they needed. This would include their physical needs, financial needs, and spiritual needs. Perhaps the greatest need God would give the believers was the ability to be happy whatever happened to them.

Verse 20 is a song of praise to God.

The reason Paul did everything he did was all for the glory of God. That is the same reason the believers in Philippi gave to help Paul's work. It was for the glory of God. Praising God puts everything in order. We put God first. He gives us His strength. We can then tell the Good News without fear.

### Things to Think About

1. What did Paul mean when he said he had learned to be happy with whatever he had? Is this hard?
2. At times, how have we used Philippians 4:13 for selfish reasons?
3. Think of a recent time when you found joy as you shared someone else's troubles. What gave you joy?
4. What is the difference between needs and wants. Why does God give us what we "need" but not always what we want?
5. Do you think Paul found it hard to be full of joy when he was in prison?
6. Even though it was not an easy time for him, Paul kept in touch with other believers. Can you think of some that God wants you to reach out to?

### A Final Greeting (Philippians 4:21-23)

**21 Greet all those who belong to Christ Jesus. The Christian brothers here with me greet you.**

**22 All those who belong to Christ greet you, and most of all, those who live in Caesar's house.**

**23 May your spirit have the loving-favor of the Lord Jesus Christ.**

Paul ended this letter by sending his greetings to "all who belong to God." The brothers with him sent greetings. Those who were in Caesar's house sent greetings. This means members of Caesar's house had become believers. Not even Rome and all its power could stop the spread of the Good News.

Paul began his letter by praying that his friends at Philippi will have loving-favor and peace from God (Philippians 1:2). He ends by sending them his blessing. Loving-favor comes from the Lord Jesus Christ. God's love is a generous free gift. God's love is given to us. It is something we do not deserve and cannot earn. All spiritual blessings come because of God's love. The whole letter gives honor to Christ who is 'Lord' of all believers.

### Things to Remember

It is wonderful to be full of joy. Paul's friends from the church in Philippi brought him joy when they helped him with gifts of money. He had helped them learn how to live as a Christian.

Paul had learned he could be happy with little or much because it was God Who gave him strength. God was on his side. It did not matter that he was in jail.

We sing a song today with the words, “It is well with my soul.” Paul had learned that all was well because his hope came from God.

Our gifts to God are given when we help others hear the Good News about Jesus. God will give us what we need. More than anything we need God’s love which He gives to us freely.

When we think about God’s great love we give honor to Him. God is the Father of all who trust His Son, Jesus. Paul could write “my” God and “our” God and Father.

Paul gives us words of blessing. We have the loving-favor of the Lord Jesus Christ. We can be happy with whatever we have. We can do all things because Christ gives us His strength.

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