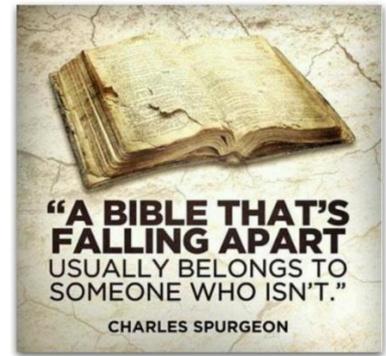




Oct.22-28  
2018



## A WORD for the Journey

These are short daily Bible readings that have been chosen to reinforce a particular teaching that is important to help us live successfully as disciples of Jesus. They can be used individually, with your spouse, friend or used as family readings. Each week's readings correspond to the previous Sunday's sermon preached at Beaches Baptist Church. You can download the sermon from <https://beachesbaptist.com/> . If you would like to receive these readings via email, please email me on [robruge.rr@gmail.com](mailto:robruge.rr@gmail.com) with "A Word for the Journey" in the subject title.

### MENTAL HEALTH- THE PEACE OF GOD

October 6-14 was Mental Health week, and October 10 was World Mental Health Day. It is no coincidence that as our Western nations forsake their Judeo-Christian roots we are seeing a rise in mental illness. This is the second of our three week series looking at what the Bible has to say about Mental Health. Join with me as we see how to live a life of "peace which surpasses understanding."

Philippians was the letter Paul wrote to the church at Philippi while he was in a Roman prison for proclaiming the gospel. You would think that someone in this predicament would be feeling very down and depressed, yet this letter is probably the most joyful of any that he wrote with 16 mentions of joy and relating words throughout. For this week I have chosen reading from Philippians, but there is also the option to read through the whole book which should take less than 20 minutes in all. GET THAT JOY OF THE LORD INTO YOU AS YOU SOAK UP HIS WORD!

#### Monday

Philippians 1:1-7 (NLT)

This letter is from Paul and Timothy, slaves of Christ Jesus.

I am writing to all of God's holy people in Philippi who belong to Christ Jesus, including the church leaders and deacons.

<sup>2</sup> May God our Father and the Lord Jesus Christ give you grace and peace.

<sup>3</sup> Every time I think of you, I give thanks to my God. <sup>4</sup> Whenever I pray, I make my requests for all of you with joy, <sup>5</sup> for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. <sup>6</sup> And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

<sup>7</sup> So it is right that I should feel as I do about all of you, for you have a special place in my heart. You share with me the special favour of God, both in my imprisonment and in defending and confirming the truth of the Good News.

**Philippians in a week:** Phil.1:8-30

**Reflect:** Do circumstances have to determine our state of mind? Paul didn't think so- his prayerful requests for the Philippians were made 'with joy.' Paul's faith that God was in control and continuing His work in them remained unwavering.

## Tuesday

Philippians 2:1-11 (NLT)

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? <sup>2</sup> Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

<sup>3</sup> Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. <sup>4</sup> Don't look out only for your own interests, but take an interest in others, too.

<sup>5</sup> You must have the same attitude that Christ Jesus had.

<sup>6</sup> Though he was God,  
he did not think of equality with God  
as something to cling to.

<sup>7</sup> Instead, he gave up his divine privileges;  
he took the humble position of a slave  
and was born as a human being.

When he appeared in human form,

<sup>8</sup> he humbled himself in obedience to God  
and died a criminal's death on a cross.

<sup>9</sup> Therefore, God elevated him to the place of highest honour  
and gave him the name above all other names,

<sup>10</sup> that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

<sup>11</sup> and every tongue declare that Jesus Christ is Lord,  
to the glory of God the Father.

**Reflect:** With so much confusion about the issue of identity- where does the Christian stand in all this? His or her identity is to be found in Christ who shows us the way to humility, self-sacrifice and, ultimately, joy.

## Wednesday

Philippians 2:12-18 (NLT)

<sup>12</sup> Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. <sup>13</sup> For God is working in you, giving you the desire and the power to do what pleases him.

<sup>14</sup> Do everything without complaining and arguing, <sup>15</sup> so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. <sup>16</sup> Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. <sup>17</sup> But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. <sup>18</sup> Yes, you should rejoice, and I will share your joy.

**Philippians in a week:** Phil.2:19-30

**Reflect:** Our salvation and faith in Jesus can never be a private affair. A true Christian will be obvious as such by how they live their lives- an outward expression of the inward transformation brought about by the Spirit of God. Faithfully serving the Lord results in joy.

## Thursday

### **Philippians in a week: Phil.3:1-7**

#### Philippians 3:8-11 (NLT)

<sup>8</sup>Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ <sup>9</sup>and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith. <sup>10</sup>I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death, <sup>11</sup>so that one way or another I will experience the resurrection from the dead!

**Reflect:** Probably the most important aspect to recognise when maintaining good mental health is to get one's priorities right. For all that Paul had been through (see 1 Cor.10:23-28), he should have been a raving lunatic- yet, through it all he found himself firmly centred in Christ- 'everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord.'

## Friday

#### Philippians 3:12-21 (NLT)

<sup>12</sup>I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. <sup>13</sup>No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, <sup>14</sup>I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

<sup>15</sup>Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. <sup>16</sup>But we must hold on to the progress we have already made.

<sup>17</sup>Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example. <sup>18</sup>For I have told you often before, and I say it again with tears in my eyes, that there are many whose conduct shows they are really enemies of the cross of Christ. <sup>19</sup>They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth. <sup>20</sup>But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Saviour. <sup>21</sup>He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

**Reflect:** Where is your hope? Is it earthbound or heavenward? The knowledge that this is not our home or our final destiny gives hope.

## Saturday

#### Philippians 4:1-9 (NLT)

Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work.

<sup>2</sup>Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. <sup>3</sup>And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.

<sup>4</sup>Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup>Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

<sup>6</sup>Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup>Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

<sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

**Reflect:** True peace of mind can only come through God. He is the source of all joy and peace and we His creatures should reflect His joyful attributes.

## Sunday

### Philippians 4:10-23 (NLT)

<sup>10</sup> How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. <sup>11</sup> Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength. <sup>14</sup> Even so, you have done well to share with me in my present difficulty.

<sup>15</sup> As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then traveled on from Macedonia. No other church did this. <sup>16</sup> Even when I was in Thessalonica you sent help more than once. <sup>17</sup> I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness.

<sup>18</sup> At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. <sup>19</sup> And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

<sup>20</sup> Now all glory to God our Father forever and ever! Amen.

<sup>21</sup> Give my greetings to each of God's holy people—all who belong to Christ Jesus. The brothers who are with me send you their greetings. <sup>22</sup> And all the rest of God's people send you greetings, too, especially those in Caesar's household.

<sup>23</sup> May the grace of the Lord Jesus Christ be with your spirit.

**Reflect:** Paul knows the secret of contentment- it is through Christ. Paul is overflowing with love and gratitude for the Philippians. A life full of love and gratitude equals a life full of peace and joy.