



PRESS ON

A LETTER FROM PAUL TO THE PHILIPPIANS

Torn but Determined

Discussion Guide | Oct. 4th, 2020

Before you begin, please read Philippians 1:19-30

1. Have you ever felt pulled in two directions – between two good (or at least acceptable) options? What helped you make the final decision you did, about which direction to move?
2. What is Paul torn between in this passage? (Hint: Focus on verses 21-24.)
3. How can Paul say “to die is gain” in verse 21? What convictions about life after death would he have to have, for him to be able to say this?
4. What is your own view of life after death? How did you arrive at this view?
5. What does the Bible teach about eternity, and life after death? (Use verses to support your answer.) How does this compare with other views about life after death in the culture around us?
6. How might Christian beliefs about life after death make followers of Jesus stand out in our world today?
7. Read Galatians 2:20. How does this help you understand what Paul means when he says “to live is Christ” in Philippians 1:20?
8. What else would you add about the meaning of the phrase “to live is Christ”? (Imagine you were explaining this phrase to someone brand new to Christianity. What would you say?)
9. What “final decision” does Paul come to, regarding these things he’s torn between? From clues in the passage, what helps Paul make this decision?
10. Paul was committed to the “progress and joy in the faith” of the Philippian church (see verse 25). Practically speaking, how can you stay committed to progress in following Jesus? How can you stay committed to finding joy in following Jesus?
11. In verse 27 Paul tells us all, “conduct yourselves in a manner worthy of the gospel of Christ.” How does Paul’s own personal example of living for Christ in this passage help you understand what it looks like for *you* to live in a manner worthy of the gospel?
12. What area of your life comes to mind first, when you think about the need to “conduct yourself in a manner worthy of the gospel”? What will it look like this week, for you to live in light of the gospel (that is, to live for Christ) in this area?
13. **“Press On” Challenge** – Memorize Galatians 2:20: “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”