

~Beans, Bites, and Books ~

May 30, 2026

What We Want for You

It is not he that reads most, but he that meditates most, that will prove the choicest, sweetest, wisest, and strongest Christian. ~Thomas Brooks¹

"We'll be in love with Jesus to the extent that we are in love with His book." ~Rick Goertzen

"Though other books may inform or even reform us, only one Book can transform us, conforming us to the image of Christ." ~Joel Beeke²

Philippians 1:9–11: **9** And this I pray, that your love may abound still more and more in real knowledge and all discernment, **10** so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; **11** having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.

1. May You Love Abundantly.

"How often we saints mean to be loving to others, and yet say the wrong words or do the wrong thing. We lack that delicate sensibility, that ability to express ourselves correctly, that gentle, wise, discriminating touch which would convey the love we have in our hearts to the lives of others. But this can be ours if we but live in close companionship with the One who always exhibited that sense of delicate tactfulness in His life." ~Kenneth Wuest³

¹ Thomas Brooks, *Precious Remedies Against Satan's Devices* (Edinburgh: Puritan Paperbacks: The Banner of Truth Trust, 2021) xxxviii.

² Joel Beeke, *The Family at Church* (Grand Rapids, MI: Reformation Heritage Books, 2004, 2008) 5.

³ Kenneth S. Wuest, *Wuest's Word Studies from the Greek New Testament: For the English Reader*, vol. 5 (Grand Rapids: Eerdmans, 1997), 36

~Beans, Bites, and Books ~

May 30, 2026

- How can I increase in my love for others and for the Lord?
- How can I increase in my biblical understanding of the Lord and His ways so I can love others and the Lord well?
- How can I grow in discernment and how to wisely think about how to apply the Scriptures in the situations that arise in my relationships and how I can love the Lord well?

2. May You Approve Excellent Things.

"A growing love, fed by proper knowledge and moral insight, enables one to see the best way to live in light of the day of Christ." ~Richard Melick⁴

"Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off the delight for spiritual things, whatever increases the authority of your body over your mind, that thing is sin." ~Susanna Wesley⁵

"Sincere Christians cherish in their hearts no views, no principles adverse to the Christian calling. The test of this sincerity is that a man shall be honestly willing to let light shine through him, to evince the true character of his principles and motives. Such a man is on the road to the final, victorious, and eternal sincerity. For the present there may be within him too much of that which hinders him, and mars his life. *But if he is set on expelling this and welcomes the light which exposes it, in order that he may expel it, then he has a real, present sincerity, and his course is brightening towards the perfect day* (emphasis added)." ~Robert Rainy⁶

⁴Richard R. Melick, *Philippians, Colossians, Philemon*, vol. 32, The New American Commentary (Nashville: Broadman & Holman Publishers, 1991), 66.

⁵ John F. MacArthur Jr., *Philippians*, MacArthur New Testament Commentary (Chicago: Moody Press, 2001), 49.

⁶ Robert Rainy, "The Epistle to the Philippians," in *The Expositor's Bible: Ephesians to Revelation*, ed. W. Robertson Nicoll, vol. 6, Expositor's Bible (Hartford, CT: S.S. Scranton Co., 1903), 121.

~Beans, Bites, and Books ~

May 30, 2026

3. May You Be Righteous.

"A clipper ship crossing the Banks of Newfoundland in heavy weather strikes an iceberg. She settles rapidly at the bow, and her captain and crew have barely time to leap into the lifeboat. The question, 'What must we do to be saved?' is answered by their prompt leap into the lifeboat, which is an act of faith. They trust their lives to it for salvation. From immediate death they are saved.

But, after the ship has sunk, the crew are still out in the deep and dangerous sea. There is a second process necessary. In order to keep out of the trough of the sea and to reach the distant shore, they must stick to the boat and pull lustily at the oars. They must 'work out their salvation' now by hard rowing. But this is a continued process of salvation day after day until they reach the shores of Nova Scotia. Never for a moment, however, are they independent of the lifeboat. That must keep them afloat, or they go to the bottom. At last, after hard rowing, they reach the welcome shore. This is their third, final, and complete salvation, for they are entirely beyond any perils of the treacherous sea. Now they are at rest, for they have reached the desired haven." ~Theodore Cuyler⁷



Living for Jesus a life that is true,
striving to please Him in all that I do,
yielding allegiance, glad-hearted and free,
this is the pathway of blessing for me.

*O Jesus, Lord and Savior,
I give myself to Thee;
for Thou, in Thine atonement,
didst give Thyself for me.*

⁷ Theodore Cuyler, *God's Light on Dark Clouds*, page 65.

~Beans, Bites, and Books ~

May 30, 2026

*I own no other master;
my heart shall be Thy throne.
My life I give, henceforth to live,
O Christ, for Thee alone.*

Living for Jesus, who died in my place,
bearing on Calv'ry my sin and disgrace—
such love constrains me to answer His call,
follow His leading, and give Him my all.

Living for Jesus wherever I am,
doing each duty in His holy name,
willing to suffer affliction or loss,
deeming each trial a part of my cross!

Living for Jesus through earth's little while,
my dearest treasure, the light of His smile,
seeking the lost ones He died to redeem,
bringing the weary to find rest in Him!

~Thomas O. Chisholm

"For eighty-six years I have served Him, and He has done me no wrong.

How can I now blaspheme my King who saved me?"

~Polycarp, shortly before his death when pressed to deny Christ

~Beans, Bites, and Books ~

May 30, 2026

Questions for Discussion

1. Philippians 1:9-11 teaches us to be discerning and understand that the life of a Christian is made up of choices. We must choose each and every day how we can best bring God glory. Yet, discretion and the judgments we make to live distinctly must be motivated and guided by love—love for others and love for God. What might be the result if we make lots of decisions to live distinctly, yet do so without love? How does love for others and love for God protect us from turning into pharisaical, hard-nosed, judgmental women?

2. How can Susanna Wesley’s quote provide a good decision-making grid for approving excellent things? “Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off the delight for spiritual things, whatever increases the authority of your body over your mind, that thing is sin.”⁸
 - a. As a follow-up to that question, consider what must happen next if you’ve determined something would weaken your reason or impair the tenderness of your conscience, etc.?

3. How do the following verses give us the tools we need to “approve the things that are excellent”? See Romans 12:2; Ephesians 5:8-10; 1 Thessalonians 5:21; James 3:17.

⁸ John F. MacArthur Jr., *Philippians*, MacArthur New Testament Commentary (Chicago: Moody Press, 2001), 49.

~Beans, Bites, and Books ~

May 30, 2026

4. What do the following verses teach you about giving God glory? See John 15:8; 17:4; 21:19; Acts 4:21; 1 Corinthians 6:20; 10:31; Philippians 1:20; 1 Peter 4:11.

5. Robert Rainy, in his commentary, states, “The last end is the glory and praise of God. This, let us be assured, is no mere phrase with the Apostle. All these things are real and vivid to him. If he were to come among us, knowing us to be professed believers, then, strange as some of us may think it, he would actually expect that a great degree of praise and glory to God should accrue out of our lives.”⁹ *What he’s saying, of course, is that Paul would expect us to live to give God glory!* Paul would expect that God’s honor would be our primary focus and motivation. What are some things that get in the way or hinder us from giving God glory?

6. Commentator Richard Melick says that we “contribute to God’s glory”¹⁰ when we live out Philippians 1:9-11. What are some specific ways *you* can *contribute to* God’s glory as you consider what we learned from Philippians 1:9-11?

⁹ Robert Rainy, “The Epistle to the Philippians,” in *The Expositor’s Bible: Ephesians to Revelation*, ed. W. Robertson Nicoll, vol. 6, Expositor’s Bible (Hartford, CT: S.S. Scranton Co., 1903), 121.

¹⁰ Richard R. Melick, *Philippians, Colossians, Philemon*, vol. 32, The New American Commentary (Nashville: Broadman & Holman Publishers, 1991), 67.