

Inductive Bible Meditation Method

THE INDUCTIVE METHOD INVOLVES:

- **OBSERVATION:** What do I see in the text?
- **INTERPRETATION:** What does it mean?
- **LISTENING:** What is God saying to me?
- **APPLICATION:** How does it apply to my life?
- **MEMORY VERSE:** What stays with me?

SCRIPTURE PASSAGE

PHILIPPIANS 1:4-9

¹Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. ²I urge Euodia and I urge Syntyche to be of the same mind in the Lord. ³Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life. ⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

BACKGROUND

Paul writes this letter from a jail cell to a small community following Jesus in the city of Philippi, Greece, around the late 50's CE. This community was one of the first Christian communities in Europe. Paul was trying to help the community understand how Jesus was God's Chosen One (Messiah) and that persecution is a way of entering into the same sacrificial love of Jesus. The central understanding of the letter can be found in 2:6-11 where Paul traces Jesus' historic role as Messiah. Paul says that being a follower of Jesus involves a close intimate relationship that is revealed by how we treat one another.

OBSERVATION

Read Philippians 4:1-9 again. This time:

- Highlight in **BLUE**: the word or phrase that stands out to you
- Highlight in **GREEN**: "in the Lord", "God", "Christ Jesus"
- Highlight in **YELLOW**: all Paul's requests and commands, e.g. "stand firm"
- Highlight in **ORANGE**: the words "rejoice", "love", "joy", "peace"

What is Paul instructing the early followers to do?

What is the difference between prayer, supplication, and thanksgiving?

What does Paul say will happen when they pray?

Where else have you heard, “And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus”?

What is Paul’s main message in this passage?

INTERPRETATION

Reflecting on our life of faith, do we rejoice?

How do you feel when you hear Paul’s words, “God is near”?

What do other scripture passages say about being anxious and God’s peace?

(Read Matthew 6:27-30, 1 Peter 5:7, Psalm 85:8, and Proverbs 12:25)

When have you felt protected by God’s love?

LISTENING

Read the text one more time, and then be silent and listen. What is God saying to you?

Is the message reassuring or challenging?

APPLICATION

How does the lesson apply to your life?

When do you become anxious?

How might you be a bearer of God's peace?

MEMORY VERSE

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” -Philippians 4:7