



Simple Prayers

FROM
PHILIPPIANS

Contents

INTRODUCTION	1
BOOK OF PHILIPPIANS	5
WEEK ONE	17
September 15-21	
WEEK TWO	23
September 22-28	
WEEK THREE	29
September 29-October 5	
WEEK FOUR	35
October 6-12	
WEEK FIVE	41
October 13-19	
WEEK SIX	47
October 20-26	
WEEK SEVEN	53
October 27-November 2	
WEEK EIGHT	59
November 3-9	
WEEK NINE	65
November 10-16	
WEEK TEN	71
November 17-23	
WEEK ELEVEN	77
November 24-30	
NEXT STEPS	83



*Click to jump
to section*

Introduction

How to Use Simple Prayers from Philippians

The Bible is God's way of speaking to you. When you read it, you hear directly from the one who created you, loves you, and sustains you. But God doesn't want this to be a one-way conversation. He wants you to talk with him through prayer. And that's the other use of the Bible: it gives you words to offer back to God. When you echo these words in your own prayer life, you cement God's truth in your mind and praise him with your heart.

In short, you're transformed from the inside out.

Simple Prayers from Philippians will help you practice praying scripture. Each short prayer can be prayed in less than sixty seconds. They're all inspired

by a verse or phrase from Paul's letter to the Philippians, which we've placed at the top of each prayer.

First, start your prayer time every weekday by reading that week's passage from Philippians and meditating on what it reveals about God and you. (The full text of Philippians is included at the front of the book, but you can also use your Bible.) Second, pray the simple prayer we've provided for that day. This simple daily practice will draw you closer to God and expand your understanding of Paul's letter.

If you want to go deeper, read the prayer a second time aloud. Use each line of the prayer as a starting point for more prayer. Return to lines that stick out to you and explore follow-up thoughts with the Spirit's help. Finish your time with God by reading through the Bible passage one final time.

Why Philippians?

This book of prayers accompanies The Crossing's fall 2024 sermon series, *Philippians: Experiencing Joy and Peace in Jesus*. Our hope is that you'll start your week on Sundays at The Crossing, where you'll

worship God with others and learn about a passage from Philippians. Then, Monday through Friday, you'll re-read that portion of Philippians and pray God's word back to him, reflecting on what you learned Sunday morning and providing space for the Spirit to reveal new truths to you.

If you're new to Philippians, here's a quick background on the book: Philippians is a letter that Paul wrote to the first-century church in Philippi, an ancient city in Greece, while he was in prison. In this letter, Paul explains that his life is defined not by his circumstances but by the life and love of Jesus. And he invites you to see your life in light of this truth, participating in the story of Jesus's life, death, and resurrection—and experiencing the joy and peace of God that follows when you live this way.

Who Wrote Simple Prayers from Philippians?

These are not the prayers of an individual. They're the prayers of our whole community. Every week was prayerfully composed by a different member of our church. We hope the diversity of voices inspires you to see new things in God's word and character!

Writers:

Patrick Miller | Week 1
Lynn Roush | Week 2
Keith Simon | Week 3
Anna Lynne Frazier | Week 4
Grady Frazier | Week 5
Dave Cover | Week 6
Colleen Luley | Week 7
Jeff Parrett | Week 8
Anna West | Week 9
Christina Hedrick | Week 10
Kyle Richter | Week 11

General Editor:

Anna Lynne Frazier

Designer:

Kevin Keith

Scripture is from the *New International Version*, copyright 2011, Zondervan.

THE BOOK OF
Philippians

1 Paul and Timothy, servants of Christ Jesus,
To all God's holy people in Christ Jesus at Philippi,
together with the overseers and deacons:

2 Grace and peace to you from God our Father and
the Lord Jesus Christ.

3 I thank my God every time I remember you. **4** In
all my prayers for all of you, I always pray with joy **5**
because of your partnership in the gospel from the
first day until now, **6** being confident of this, that he
who began a good work in you will carry it on to
completion until the day of Christ Jesus.

⁷ It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. ⁸ God can testify how I long for all of you with the affection of Christ Jesus.

⁹ And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰ so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. ¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

¹⁵ It is true that some preach Christ out of envy and

rivalry, but others out of goodwill. ¹⁶ The latter do so out of love, knowing that I am put here for the defense of the gospel. ¹⁷ The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. ¹⁸ But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice.

Yes, and I will continue to rejoice, ¹⁹ for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. ²⁰ I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. ²¹ For to me, to live is Christ and to die is gain. ²² If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! ²³ I am torn between the two: I desire to depart and be with Christ, which is better by far; ²⁴ but it is more necessary for you that I remain in the body. ²⁵ Convinced of this, I know that I will remain, and I will continue with all of you for your

progress and joy in the faith,²⁶ so that through my being with you again your boasting in Christ Jesus will abound on account of me.

²⁷ Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel²⁸ without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God.²⁹ For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him,³⁰ since you are going through the same struggle you saw I had, and now hear that I still have.

2 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion,² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.³ Do nothing out of selfish ambition or vain conceit. Rather, in humil-

ity value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

⁹ Therefore God exalted him to the highest place and gave him the name that is above every name,

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

¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

¹² Therefore, my dear friends, as you have always

obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.

¹⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky ¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. ¹⁷ But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. ¹⁸ So you too should be glad and rejoice with me.

¹⁹ I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. ²⁰ I have no one else like him, who will show genuine concern for your welfare. ²¹ For everyone looks out for their own interests, not those of Jesus Christ. ²² But you know that Timothy has proved himself, because as a son with his father he

has served with me in the work of the gospel. ²³ I hope, therefore, to send him as soon as I see how things go with me. ²⁴ And I am confident in the Lord that I myself will come soon.

²⁵ But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. ²⁶ For he longs for all of you and is distressed because you heard he was ill. ²⁷ Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. ²⁸ Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. ²⁹ So then, welcome him in the Lord with great joy, and honor people like him, ³⁰ because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me.

3 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. ² Watch out for those dogs, those evildoers, those

mutilators of the flesh. ³ For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— ⁴ though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: ⁵ circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for righteousness based on the law, faultless.

⁷ But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. ¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and

so, somehow, attaining to the resurrection from the dead.

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained.

¹⁷ Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. ¹⁸ For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame.

Their mind is set on earthly things.²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,²¹ who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

¹⁴ Yet it was good of you to share in my troubles. ¹⁵ Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; ¹⁶ for even when I was in Thessalon-

ica, you sent me aid more than once when I was in need. ¹⁷ Not that I desire your gifts; what I desire is that more be credited to your account. ¹⁸ I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. ¹⁹ And my God will meet all your needs according to the riches of his glory in Christ Jesus.

²⁰ To our God and Father be glory for ever and ever. Amen.

²¹ Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings.

²² All God's people here send you greetings, especially those who belong to Caesar's household.

²³ The grace of the Lord Jesus Christ be with your spirit. Amen.

SIMPLE PRAYERS

Week One
September 15-21

PHILIPPIANS 1:1-11

Monday, September 16

Servants of King Jesus

PHILIPPIANS 1:1

Jesus, thank you for calling me your servant. There is no higher joy than kneeling before you, giving you my life, and trusting you with my future. I confess that I too easily forget that joy and seek the false joy of self-service instead. I serve my comfort, my pleasure, and my interests above all else. Forgive my foolishness. Serving myself makes me miserable and small-hearted. It deprives me of your joy. So please, empower my head, heart, and hands to serve you through acts of love, generosity, and kindness. Jesus, you are a good king who deserves not only my labor but my praise. So I praise you: the only king in whose service joy is found. Amen.

Tuesday, September 17

*He who began a good work in you will
carry it on to completion*

PHILIPPIANS 1:6

Jesus, I will never comprehend why you love me. I don't deserve it. In return for your love, I feel dissatisfaction. In return for your mercy, I act carelessly. In return for your grace, I give disinterest. But despite my weaknesses, you never give up on me. So I thank you. And I pray that you would finish the work you began in my heart. Take my heart in your hands. Teach me to love you more than my comfort. Help me to treasure your mercy more than my possessions. Lift up my eyes so that I can see you as you are—an unending current of joy whose love alone can lift me to the heights of holiness. Amen.

Wednesday, September 18

That your love may abound more and more

PHILIPPIANS 1:9

Holy Spirit, help me see my life clearly. Tell me the truth: Am I growing in love for others, or am I growing in love for myself? Am I abounding in love for you, or am I abounding in love for my idols? Am I pursuing your purpose, or am I pursuing my selfish ambitions? Holy Spirit, I confess my self-obsession, my idolatry, and my selfish ambitions. Would you pull up the weed of selfishness from the root? Would you make my love for you abound where my love for self once thrived? I praise you, Jesus. You are the cultivator of my soul. Help me grow in love. I place myself in your hands. Amen.

Thursday, September 19

Approve what is excellent

PHILIPPIANS 1:10

Jesus, who is more excellent than you? Who is more holy than you? Who is more gracious than you? Who is more beautiful than you? Yet, my heart doesn't always long for your excellence. I wander. I search for satisfaction in my possessions, my appearance, my relationships, my reputation, and my comfort. Jesus, my heart is restless unless it rests in you. So captivate my heart with your excellencies. Train me to treasure you above everything else. Teach me to hear echoes of your voice in every act of goodness, holiness, righteousness, and justice. Guide my desires toward what is excellent, so that my decisions would lead me closer to you, my excellent king and my God. Amen.

Friday, September 20

*Be pure and blameless ...
filled with the fruit of righteousness*

PHILIPPIANS 1:11

Jesus, you promised that the pure in heart would see your face and that the righteous would inherit your kingdom. Yet, I forget your promises. My eyes wander. My heart meanders. So I confess my wayward lusts and my unrighteous longings. When I assess my words, my thoughts, and my desires, I know that I'm not blameless. When I consider the good deeds I've left undone, I know I'm not righteous. So I praise you, Jesus, because you have given me your own righteousness. You have washed me clean and made me blameless. So I turn away from evil now. I turn toward you this day. Train my hands to do the good work you've set before me. Amen.

SIMPLE PRAYERS

Week Two
September 22-28

PHILIPPIANS 1:12-26



Monday, September 23

*What has happened to me has actually
served to advance the gospel*

PHILIPPIANS 1:12

Father, my life isn't turning out how I thought it would. I've known difficult circumstances and felt the pain of broken relationships. But I've come to know something else in my hardships: you are with me. Even when I'm confused, you have a greater plan. Even when I am at my lowest point, I trust you. It's easy to be afraid, but it's hard to be at peace. It's easy to be distressed, but it's hard to be joyful when life is hard. You have given me joy and peace! No matter what happens in my life, I want to tell others about who you are and what you've done for me—so that even my trials glorify your name. Amen.

Tuesday, September 24

Some preach Christ out of envy and rivalry

PHILIPPIANS 1:15

Jesus, sometimes I don't know who to trust. People I respect seem to delight in my difficulties. They see my troubles as an opportunity to tarnish my reputation. Some even claimed to follow you, but now I'm not so sure what to think. I don't want there to be jealousy and conflict in my relationships! When I am distraught, help me remember that even when others hurt me, you are my friend. Jesus, you have set the perfect example of what it means to love others, including my enemies. I desire to be more like you, so help me lay aside my agenda and be ready to forgive. Amen.

Wednesday, September 25

*Christ will be exalted in my body,
whether by life or by death*

PHILIPPIANS 1:20

Holy Spirit, I need courage! I am tempted to find my value and identity in the approval of others. When people praise me, I feel good about myself. But when they reject me, I feel shame. I want to live my life in a way that pleases you, not others. Help me see my sins of pride and self-righteousness and release me from feelings of shame. Teach me to depend on you, instead of others, for my self-confidence. Help me to care more about your opinion than the opinions of humans. Only then will I live for your glory. Only then will I reflect the beauty of Jesus. Only then will my life and death exalt your name. Amen.

Thursday, September 26

For to me, to live is Christ, and to die is gain

PHILIPPIANS 1:21

Jesus, I remember when I first heard the good news that you died on a cross as a sacrifice for my sins. Knowing that you loved me enough to die for me has changed my life. I am humbled when I think about living with you someday in heaven, away from the troubles of this world. I want to spend my life serving you, yet I know that death is necessary to bring me into your presence. So I pray that in this life I would be so deeply connected to you that I am always aware of your presence. Then, I will be ready for what you have prepared for me: eternity with you. Thank you for this promise. I praise you. Amen.

Friday, September 27

*I will remain, and I will continue
with all of you*

PHILIPPIANS 1:25

Heavenly Father, thank you for making me part of your family. I'm secure in your love. I know that you have more work for me to do in this life. I want to be present with those who are struggling to make sense of life. I want to have compassion for those who are suffering. I want to reflect your grace to those who are overcome by shame. Help me to be a source of comfort and encouragement when I'm with people who have lost hope. Give me the emotional strength I need to receive others well—just as you received me as your beloved child. Amen.

SIMPLE PRAYERS

Week Three
September 29-October 5

PHILIPPIANS 1:27-30

Monday, September 30

*Conduct yourselves in a manner worthy
of the gospel of Christ*

PHILIPPIANS 1:27

Father, I thank you for the gospel: the good news that, in Jesus, there is forgiveness, hope, and salvation for me and for the whole world. Whatever happens to me, whether I experience success or failure, whether I'm sick or healthy, whether I'm rich or poor, empower me to live a life that's in line with the truth of your gospel and reflects its values. I'm aware of how often I fall short of the gospel's call to humble myself, love my enemies, and serve others. I know that when I live for myself, I reflect poorly on you. Have mercy on me. I can't live a life worthy of the gospel on my own but only by the power of your Spirit. Amen.

Tuesday, October 1

*For it has been granted to you on behalf of
Christ not only to believe in him...*

PHILIPPIANS 1:29

Jesus, you are sovereign over the whole universe. All things were made by you and for you. I praise you for your power, your beauty, and your creativity manifested in creation. I owe my life to you. I owe my salvation to you. I never would've believed the gospel if you hadn't opened my eyes, softened my heart, and given me the gift of faith. Forgive me for judging others for their lack of faith. How wrong for me to boast about a gift you gave me. I pray that you'd open the hearts of my family, friends, neighbors, and coworkers so that they, too, might believe in you. Give me the desire to share your message of grace with them. Amen.

Wednesday, October 2

*For it has been granted to you...
to suffer for him*

PHILIPPIANS 1:29

Father, I pray that I would be faithful and not shrink back in the face of suffering for you. Make me like the first disciples who rejoiced because they were considered worthy to suffer for your name. Make me like the saints who chose pain over the fleeting pleasures of sin. Help me believe the promise that you're preparing me for an eternal glory that far outweighs my momentary troubles. The joy you promise is greater than any suffering I will ever endure for the sake of Christ. Forgive me for avoiding suffering rather than embracing it. Thank you that you suffered on the cross in my place so that I don't have to suffer the punishment for my sin. Amen.

Thursday, October 3

*Without being frightened in any way by
those who oppose you*

PHILIPPIANS 1:28

Lord, you are my light and my salvation. What do I have to fear? With you on my side, what can anyone do to me? Yes, they can take my possessions. But you've given me contentment. Yes, they can steal my reputation. But you've made me your child. Yes, they can kill me. But you've promised to resurrect me. You are my refuge, my rock, and my redeemer. With you on my side, I should never be afraid. Yet, I am. I'm afraid of getting older. I fear what others think about me. I fear losing people I love. I fear being unhappy. Lord, I pray for faith to believe that you are with me, that you love me, and that you're all that I need. Amen.

Friday, October 4

*Striving together as one for the faith
of the gospel*

PHILIPPIANS 1:27

Father, I thank you that, through the grace of the gospel, you have forgiven me and adopted me into your family. Every Christian is my brother or sister in Christ. Lord, I confess that I've divided your family. I've looked down on my brothers and sisters because their politics are different than mine. I've gossiped when I should have held my tongue. I've held grudges instead of forgiving those who have sinned against me. Lord, have mercy on me. I pray that all Christians would be unified in the truth of the gospel. I pray we'd be committed to your purpose in the world. I pray that our love for one another would show our neighbors that we are your disciples. Amen.

SIMPLE PRAYERS

Week Four
October 6-12

PHILIPPIANS 2:1-11



Monday, October 7

Encouragement from being united with Christ

PHILIPPIANS 2:1

Jesus, your love changes everything. Your love for me encourages me, comforts me, and fills me with compassion and tenderness. It's the best thing in my life. But I confess that I don't always live like this is true. Instead of encouragement, I'm plagued with doubt. Instead of comfort, I'm overwhelmed by anxiety. In place of compassion and tenderness, I'm defensive and hard-hearted. Forgive me for the ways I take your love for granted. Help me experience the difference your love makes. Keep me close to you. And through your Spirit, make me more like you so that others may encounter your transformational love through me. Amen.

Tuesday, October 8

*Having the same love, being one in spirit
and one of mind*

PHILIPPIANS 2:2

Come, Holy Spirit. Come into the minds, hearts, and spirits of my church family. Focus our minds on Jesus, the word of God made flesh. Fill our hearts with love for him until it casts out all lesser loves. Unite our spirits with him so that our individual purposes would be aligned with yours. We are a collection of chaotic, corrupted wanderers who long to walk in step with you. We cannot do this on our own. Help us, please. Protect us from the thoughts and desires that divide and separate our family. Holy Spirit, transform us. Make us more like Jesus. Make our joy in him complete by empowering us to love each other as he loves us. Amen.

Wednesday, October 9

*Value others above yourselves, not looking
to your own interests*

PHILIPPIANS 2:4

Holy Spirit, you are working in my life, inviting me to become the person God made me to be. But I confess I spend too much time thinking about myself, scheming to move my interests forward, worrying about my needs, focusing on my satisfaction. Deep down, I don't trust you to take care of me. I try to do it myself because I believe the lie that I know better than you. Spirit, help me see myself and my deep need for you more clearly. Grant me humility. Remind me that you've already given me all I need. Replace my self-interest with a deep concern for others. Help me to rest in your provision and power. My life is better in your hands. Amen.

Thursday, October 10

*Becoming obedient to death—
even death on a cross!*

PHILIPPIANS 2:8

Jesus, you deserve all praise and glory! But you set aside what is rightfully yours to become like me—a human. And your humility didn't end there. You set aside your rights as God to serve humans. You died to rescue the very people who killed you. Your humility knew no limits. But mine does. I confess that I don't follow your example. Instead, I desire praise and glory that I do not deserve. Lord, I don't want to be this way. I want to be like you. Give me your mindset so that I can love and serve as you do. Thank you for your death on a cross. Because you died for me, I get to live with you. Amen.

Friday, October 11

Jesus Christ is Lord

PHILIPPIANS 2:11

Heavenly Father, you set all of heaven and earth into place. You made us in your image. Then you sent your Son into the world to save us so that we could be with you forever. Your goodness is staggering. Your power is limitless. Your kingdom is here. And Jesus's victory over death puts your awesome love for us on full display. Jesus Christ is my Lord! I praise his name because he rescued me and remade me. Every part of life is better because I follow him. And I eagerly await eternity in your perfect presence. Yours is the kingdom and the power and the glory, forever and ever. Amen!

SIMPLE PRAYERS

Week Five
October 13-19

PHILIPPIANS 2:12-30

Monday, October 14

Work out your faith with fear and trembling

PHILIPPIANS 2:12

God, you are ultimate. You formed me. You see into my inmost being. You know my thoughts and my desires better than I know myself. And even though you see me as I am, sin and all, you draw me to you in grace. Just as the tides of the ocean and the expansion of the universe respond to your commands, so may I respond to you in faith. Open my eyes to see how glorious and terrifying you are. Move my heart in awe and wonder until I'm overwhelmed by the desire to give all that I am back to you. All life, power, and beauty are yours. Amen.

Tuesday, October 15

In order to fulfill his good purpose

PHILIPPIANS 2:13

Lord, I trust that you are the maker and perfecter of my faith. I've caught glimpses of your intention in creation. I've seen that you are good. You created this world for pleasure and purpose, yet in my sinfulness, I pollute and twist your good intentions. I refashion your creation to suit my disordered desires. Forgive me. I know that you are working all things together for my good and for your glory. Everything I have in life comes from you. Give me eyes to see your good purpose. Shape my will and my actions so that I follow you in faith. May your Spirit guide me toward your ends. Amen.

Wednesday, October 16

Do everything without grumbling or arguing

PHILIPPIANS 2:14

All things were made for you, Lord. And, in your sovereign power, you hold all things together. Yet, I often grumble about my situation. I grumble about how I would do things differently. I argue with others out loud and in my mind because I believe I know best. I spin narratives that judge others and justify my own interests. Forgive me Lord, for I know that, ultimately, I am grumbling against you. I've put myself in your place as judge and arbiter of all things. I desire to be blameless and pure. So create in me a pure heart, oh God. Amen.

Thursday, October 17

*Everyone looks out for their own interests,
not those of Jesus Christ*

PHILIPPIANS 2:21

Jesus, you became a servant to show me how to live. You humbled yourself so that I could be glorified. Even though I rebel against your cause, you clothe me in your righteousness. You seek my interests and are generous to me. And you have blessed me in this way so that I can bless others. But I confess that I often put my own interests first. So remind me of the truth: you clothe the lilies of the field and provide for the birds in the sky, so how much more will you care for me? Open my eyes to see the needs around me. Give me a heart like yours so that I would love others as you love me. Amen.

Friday, October 18

But God had mercy on him

PHILIPPIANS 2:27

Have mercy on me, Lord. In your goodness, in your abundance, and in your love. Have mercy on me. Outwardly, I waste away. My body breaks down. Sickness is inevitable. I will not last. My time will come. I will die. This body will return to dust. But as you rose from the dead, I will rise in you. I will not fear because my life is in your hands. Give me hope beyond my circumstances. Give me peace that surpasses understanding. Preserve me for your purposes so that, even in my physical decay, your glory will burst into my life and make my face shine with your love. Have mercy on me, Lord. In your goodness, in your abundance, in your love. Have mercy on me. Amen.

SIMPLE PRAYERS

Week Six
October 20-26

PHILIPPIANS 3:1-11

Monday, October 21

Rejoice in the Lord!

PHILIPPIANS 3:1

Lord Jesus, I choose to rejoice in you today. Your glory, goodness, and grace lift my heart in worship, wonder, and hope. I rejoice that you are always Lord in every circumstance, in every day, in every moment in my life. Forgive me for the ways I haven't believed that. Forgive me for growing anxious or angry when, instead, I should trust you. You are my Lord. So I give to you all my worries, all my anxieties, and all my frustrations. I trust you with them all. Please protect me. And bless me. And enable me to be a blessing to others today. Amen.

Tuesday, October 22

We who serve God by his Spirit

PHILIPPIANS 3:3

I thank you, God, that you redeemed me so I could serve you. But I know that I am unable to serve you apart from your Spirit within me. I confess that I forget this whenever I put confidence in my own abilities. Or when I doubt your Spirit's desire and ability to use me. I pray that your Holy Spirit within me would fill me and empower me to serve you today with my heart, my mind, and my hands. Today, I submit my whole self to your Spirit who is in me. So fill me with your Spirit, your wisdom, your grace, and your power. Use me today as you desire. Amen.

Wednesday, October 23

*The surpassing worth of knowing
Christ Jesus my Lord*

PHILIPPIANS 3:8

Lord Jesus, you are the one who created all things, created this entire universe, and created me. You made me so that I could have a relationship with you forever. To rejoice in your grace, to live in your love, to glory in your glory, and to rest in your presence, forever. To enjoy you forever. You are the surpassing glory, surpassing beauty, surpassing love, surpassing joy, and surpassing good in my life. Forgive me for being fooled into embracing lesser things. None of them surpass you. I renounce their hold on me today. I affirm the surpassing worth of knowing you, gaining you, living for you, as my Lord Jesus Christ. Amen.

Thursday, October 24

*And be found in him, not having a
righteousness of my own*

PHILIPPIANS 3:9

Father, I give thanks to you. Because when you see me, you see me only in Jesus and his true righteousness. I know that my own righteousness—all my good works—is tainted by pride, by self-centeredness, and by half measures. Forgive me for all the ways I've put any confidence in my own good works, foolishly thinking that they were why you loved me and forgave me of my sins. Forgive me for all the ways I've tried to convince others of my own righteousness so that they would think more highly of me. Thank you that my true righteousness, my sure hope, and my deepest confidence are to be found in Jesus and in his righteousness rather than my own. Amen.

Friday, October 25

*And so, somehow, attaining to the
resurrection from the dead*

PHILIPPIANS 3:11

Father, I praise you because, by the power of Jesus's resurrection, I no longer live just to die. Now I can live to live! I thank you because Jesus's resurrection will become my own resurrection. I am no longer destined for death but for resurrection! I confess that I've given in to stupid temptations because I forget the promise of resurrection. I confess that I try to avoid suffering at the cost of obedience to you because I believe the lie that this short life is my only life. Today I choose to live for the resurrection. Today I live my life *attaining to the resurrection from the dead*. Amen.

SIMPLE PRAYERS

Week Seven
October 27-November 2

PHILIPPIANS 3:12-16



Monday, October 28

Not that I have already obtained all this

PHILIPPIANS 3:12

Oh Lord, I am far from perfect. I'm weak. I've made mistakes. I've fallen short of your glory. I confess that I see myself as better than I am. I am prideful and blind to my own sin. I forget that I'm in great need of your help. Without your grace, I will never know you fully. So I praise you and thank you because you love to grow your people and make yourself known to them. Please make yourself known to me in deeper, more far-reaching ways. Reveal to me your goodness, your gentleness, and your enduring love. One day, my praise will be perfect as you lead me to perfection. Amen.

Tuesday, October 29

Christ Jesus took hold of me

PHILIPPIANS 3:12

Jesus, how thankful I am that you have made me your own even though I am sinful. You took hold of this wayward heart. You sought me and saved me. You gave me purpose. I know that I am not my own, but I forget. When I do, I confess that I live my life for myself, according to my own desires. I satisfy my need for belonging in places other than you, Jesus. And it's exhausting. It only leads to despair. Remind me that true satisfaction lies in you. Make me dissatisfied in all else. Help me treasure you more than life itself. You alone are worthy of my praise and adoration. Amen.

Wednesday, October 30

I press on

PHILIPPIANS 3:12, 14

Holy God, I live in the grip of your grace. You empower me not to remain passive, but to press on as Paul did, pursuing you and your holiness with my whole heart. Forgive me, Father, for following you half-heartedly at times. I fall into laziness. I feel weary. I forget that you are at work within me. So please, give me a single-minded determination to take hold of you as you have taken hold of me. When I want to quit, help me to press on. When I want to give up, help me to endure. When I am faint, renew my energy. You are the God who fans the flame of his peoples' hearts for your own glory. Fan my heart into flame. I glorify you. Amen.

Thursday, October 31

*The prize for which God has called me
heavenward in Christ Jesus*

PHILIPPIANS 3:14

Jesus, you are the greatest prize. How I long to be in relationship with you forever! You are worthy of all wisdom, beauty, and joy. Yet, I confess that I value lesser things instead of you. Examine my heart, Lord, and reveal to me my half-hearted ways. Frame my life with an eternal perspective. Help me cast off my shame and regret, and, instead, fix my eyes on you. Jesus, you deserve all my determination and resolve. So help me press on toward heaven. I praise you because my future is found in you for all eternity. Amen.

Friday, November 1

*Only let us live up to what we have
already attained*

PHILIPPIANS 3:16

Holy Spirit, thank you for drawing me to Christ every day. You empower me to hold tightly to Jesus. Forgive me for the times my grip loosens and my eyes wander. When I fall off the path you've set before me, lift me up. When I misunderstand you, correct me. When my life looks different than what I preach, convict me. Help me reach the finish line. Step by step. Moment by moment. I know my struggles and suffering will be worth it on the last day, when I join all creation in singing your praises. Amen.

SIMPLE PRAYERS

Week Eight
November 3-9

PHILIPPIANS 3:17-21



Monday, November 4

Join together in following my example

PHILIPPIANS 3:17

Jesus, you invite me to join together with those who point me to you. Thank you for the examples you've already put in my life. Would you continue to surround me with people who help me surrender to you? I cannot follow you on my own. Show me my need for others. Help me follow those who follow you. Help me resist the influence of those who stray from you—of those who make me less like you. Fix my eyes on people who pursue you. Form me through friendships that create life. As I follow these examples, make me the kind of person who can be followed by others. Let my life be a model of your love to the world. Amen.

Tuesday, November 5

Many live as enemies of the cross of Christ

PHILIPPIANS 3:18

Jesus, your cross is good news to me and to our world. It reveals your love and justice. Although sin made me your enemy, you laid down your life to make me your friend. I confess the ways I still live as an enemy to you. I confess my unholy desires, my evil thoughts, and my corrupt habits. I confess all the ways I love and live for myself. Help me take up my cross. Teach me to walk the path of sacrifice. Work through me to reach those who live as enemies of the cross, opposing your kingdom as I once did. Train me to embody your sacrificial love so that they, too, might encounter you. Amen.

Wednesday, November 6

Their mind is set on earthly things

PHILIPPIANS 3:19

Holy Spirit, you are making all things new—in me and in every square inch of creation. Thank you for bringing the kingdom of heaven to earth through your people. I confess the ways that I've stiff-armed your kingdom by focusing on earthly things. Instead of expanding your kingdom, I've forged a fraudulent kingdom of my own. My mind obsesses over things I can obtain. My heart aches for earthly accolades. My hands work to impress important people. Renew my mind. Heal my heart. Reorient my hands. Align my thoughts, desires, and habits with your kingdom as heaven comes to earth. Amen.

Thursday, November 7

But our citizenship is in heaven

PHILIPPIANS 3:20

Heavenly Father, you have called me to be a citizen of heaven. To be the foretaste of another world—the world to come. My heart is glad to be a subject in your kingdom. I confess that I don't always live in light of who you've called me to be. In so many ways, my allegiance to you feels brittle. My loyalty wavers. The fragility of my faith is exposed. Comfort me. Remind me that my citizenship is rooted in your steadfast love for me, not my imperfect loyalty to you. Let your perfect faithfulness fuel my faithful presence. I am your citizen. You are my king. You are worthy of my praise and worthy of my life. Amen.

Friday, November 8

Transform our lowly bodies

PHILIPPIANS 3:21

Jesus, you meet me where I am, yet you do not leave me as I am. For this, I praise you. I'm transformed by your love. You're renewing me. However, I see places where I keep your transforming love at a distance. The compartments I try to keep hidden. The chapters of my story marred by shame and sin. The parts of my body mis-wired for short-term pleasure. Break down the barriers that separate me from you. I bring every area of my life to you, knowing that you know it all and love me still. Would you transform my life so that it reflects your glory? I surrender all of myself to you, my king who loves me. Amen.

SIMPLE PRAYERS

Week Nine
November 10-16

PHILIPPIANS 4:1-3



Monday, November 11

*My brothers and sisters, you whom I love
and long for*

PHILIPPIANS 4:1

God, thank you for designing me with a need for others. Deep within myself, I know I need to be in community with people who love you. With people who encourage me to love you more, to fight sin, and to lean on your grace. Thank you that life is best when I'm surrounded by good friends. Help me build and deepen this sort of community. Bring a person to my mind who I could extend an invitation to. Bring an opportunity for deeper connection into my calendar. I crave these friendships. They remind me that my life is a part of *your* bigger story. Thank you, Lord, for creating me for community that points me back to you. Amen.

Tuesday, November 12

Stand firm in the Lord

PHILIPPIANS 4:1

Jesus, thank you for being my firm foundation, the rock on which I stand. Because you are trustworthy, I can build my life on you. So help me stand firmly with you today, especially when I am tempted to stand on the shifting sands of my will and the world's wisdom. I confess that I'm quick to assume that chaos and trials in my life must mean that you are not reliable. Help me reject this lie. You go before me in everything—on both stormy and clear days. No matter what I face today, you are dependable. Let me stand firm in you. Amen.

Wednesday, November 13

Be of the same mind in the Lord

PHILIPPIANS 4:2

God, I want to rest in my identity as your beloved child. I want to resist competing identities that steal my focus from you: political parties, social causes, and all worldly self-definitions. Lord, I long for my mind to be united with yours in my thoughts, actions, and desires. I want to see my faith as the most important part of my life. To avoid getting caught up in the titles and identifiers that separate me from others. I pray that worldly identities wouldn't create divides in my life or in your church. I know it's not easy. But I know that we best represent you and your kingdom when we're united despite our differences. Help me bring that unity in a divided world. Amen.

Thursday, November 14

Whose names are in the book of life

PHILIPPIANS 4:3

Heavenly Father, thank you that you know my name. I can be overwhelmed by all the unknowns of the future. But I have a strange peace knowing that you know my name. You know my heart. My fears. My hopes. You know the number of hairs on my head. Knowing this, I do not fear what tomorrow will bring. I know that the momentary troubles I encounter are part of your far bigger story. Eternity is on the horizon, so today is not wasted. Lord, help me to see this day as part of something larger than myself. Let the peace I have in you magnify your love to others. Amen.

Friday, November 15

Help these women

PHILIPPIANS 4:3

Jesus, thank you for your help today. Thank you for a moment to pause in this busy week and seek your support. I confess that I forget you. That your hand is at work in every detail. That you've blessed me with good gifts. That I need to lean on you every day, moment to moment. So today, draw me back to you. Give me glimpses of your presence and work in the mundane parts of my day. Reenergize me to live in light of the gospel and to contend for the gospel. Help me to remember you and your faithfulness always. Amen.

SIMPLE PRAYERS

Week Ten
November 17-23

PHILIPPIANS 4:4-9

Monday, November 18

Rejoice in the Lord always

PHILIPPIANS 4:4

Father, you are worthy of all my praise and worship. In your presence, I experience joy to the fullest. You satisfy my deepest longings. But my heart too quickly forgets that my greatest satisfaction is in you. I fail to praise you in all circumstances. Father, awaken my soul every day to sing your praise. Give me the strength to rejoice no matter what each day brings. In disappointment, I will rejoice. In the unknown, I will rejoice. In the waiting, I will rejoice. Father, you promised a joy that cannot be shaken by trial or circumstance, a joy that is secure forever. Thank you that this is true in you. Amen.

Tuesday, November 19

The Lord is near

PHILIPPIANS 4:5

Jesus, thank you for humbling yourself to dwell among us. You have drawn near to your children. You guide my every step. I cannot outrun your presence. I confess that I too often find myself far from you. Grow my desire to be in your presence. Give me courage to run back to you. Help me see that you're near even when I want to run away. Remind me that nothing I do can separate me from your love. I pray that I'll see you as my refuge, my comfort, and my hiding place for all the days of my life. Amen.

Wednesday, November 20

Do not be anxious about anything

PHILIPPIANS 4:6

Father, you sustain my life. You are sovereign over all. There is nothing outside of your thoughtful care. I confess that my heart is full of worry and fear. I'm worried about things I can't control. And I'm anxious about what is to come. Help me to trust you with every day and give me comfort. After all, you hold my future! Nothing I face is a surprise to you. Every moment is in your hands. Therefore, I surrender my life to you and turn my worries into prayers. Give me victory over anxiety and fear. And help me focus with gratitude on all that you have given me. Amen.

Thursday, November 21

Present your requests to God

PHILIPPIANS 4:6

Jesus, I humble myself before you because I believe you have the power to answer prayers. You are a miracle-working, life-changing, and promise-keeping God. So I lay my hopes, dreams, and desires at your feet, trusting that you will hear them. Forgive me when my prayers aren't in line with your plan. Forgive me when my requests come from a place of fear or selfishness instead of trust and humility. You have promised good plans for those who follow you. I know I can rest today because you are working for my ultimate good and for your glory. Amen.

Friday, November 22

Think about such things

PHILIPPIANS 4:8

Holy Spirit, thank you for inhabiting my heart and mind. You are revealing my desires, exposing my darkness, and changing my deepest thoughts. Yet, my mind is often filled with things that aren't pleasing to you. Forgive me for how quickly I am ensnared by envy, pride, judgment, worries, and lies. Spirit, guard my thoughts. When my mind is wandering, draw me back to your presence. Open my eyes to see your goodness and kindness to me. Continue to work in me—fill my mind with truth, show me what is lovely, and lead me back to praise. Guide my mind to think about such things and to take joy in their beauty. Amen.

SIMPLE PRAYERS

Week Eleven
November 24-30

PHILIPPIANS 4:10-23

Monday, November 25

The secret of being content

PHILIPPIANS 4:12

Heavenly Father, you are the source of my joy. I give thanks because you are trustworthy, your purposes never change, and you are working for my good. Yet, I confess that I am often discontent with what you've given me. I wish my circumstances were different. I desire more, and I believe that more will make me happy. Forgive me for being so unsatisfied. Living this way steals my joy. This discontentedness distracts me from the good things you've given me. Help me learn the secret of being content. Remind me that I can endure all things—the ups and the downs—because your Spirit gives me strength. I have everything I need in you, Jesus. And for that, I praise you. Amen.

Tuesday, November 26

An acceptable sacrifice, pleasing to God

PHILIPPIANS 4:18

Jesus, you are so good to me. I have been given far more than I deserve. Thank you. I confess that sometimes my desires are misplaced. I seek personal gain over spiritual growth. I treat my money as my own. I spend it however I like. I fail to show generosity. I refuse to sacrifice. Please forgive my self-centeredness and greed. Help me focus on what truly matters: serving you and investing in my heavenly account. Empower me to find great joy in giving generously and sacrificially. Praise be to you for your rich blessings, and for the joy of pleasing you with my life. Amen.

Wednesday, November 27

God will meet all your needs

PHILIPPIANS 4:19

God, you are my faithful provider. Thank you for meeting all my needs with grace and abundance. I confess that, at times, I doubt your provision. I rely on my own strength, forgetting that you have promised to give me everything I need. Please forgive my lack of trust in you. Assure me that I am forgiven, and that you will provide for me according to your plan. Give me the strength to rest confidently in your unfailing love and care. All praise to you, oh God, my supplier and sustainer, for your endless generosity and faithfulness to me! Amen.

Thursday, November 28

*To our God and Father be glory
forever and ever*

PHILIPPIANS 4:20

Heavenly Father, when I think of the riches you've lavished on me in Jesus, what else is there to do but thank and worship you? You deserve all honor and glory, yet I confess that I often reject your glory in favor of my own. I seek recognition for my name above yours. I know it's foolish. Please forgive the ways I have dismissed your wisdom, your goodness, your love, and your glory in my life. Turn my heart back to you. Help me to love and worship you above all. Strengthen me to bring glory to your name through my words, my relationships, and my work. Jesus, I praise you. Yours is the kingdom, and the power, and the glory forever. Amen.

Friday, November 29

*The grace of the Lord Jesus Christ be with
your spirit. Amen.*

PHILIPPIANS 4:23

Jesus, you are a gracious God. There is nothing I can do to add to or take away from what you have already done for me. And what you have already done for me is everything I need. Your love is a gift I don't deserve. I confess that I too easily take that gift for granted. Doing so results in an ungrateful heart and a spirit that lacks joy. Forgive my pride. Renew my heart. Help me to experience more of your daily grace in my life. Enable me to live in a manner that glorifies you, and help me to do so with joy! From beginning to end, my life is all grace. Praise God!

Next Steps

ON YOUR JOURNEY

Over the last eleven weeks, you've drawn closer to God by praying through *Philippians*. We pray that the habits you formed don't end with this book. A vibrant walk with God is only possible through a vibrant prayer life.

If you enjoyed guided prayers like the ones found in *Simple Prayers from Philippians*, we recommend investing in a new prayer book to carry you through the next few months.

Shorter Prayers and Devotionals:

- *Handbook to Prayer* by Kenneth Boa
- *Pocket Prayers* by Max and Andrea Lucado

Longer Prayers and Devotionals:

- *Psalms in 30 Days* by Trevin Wax
- *Life of Jesus in 30 Days* by Trevin Wax
- *The Divine Hours* by Phyllis Tickle
- *Valley of Vision* edited by Arthur Bennett

We hope you've experienced God in fresh ways over the last eleven weeks. If you have, the best way to end is with a brief prayer of thanksgiving. Here is our prayer for you, adapted from Paul's prayer for the Philippians,

May the peace of God, which surpasses all understanding, guard your hearts and your minds in Christ Jesus. And may the grace of the Lord Jesus Christ be with your spirit. Amen.



THE **crossing**



BACK TO CONTENTS