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Shine : The Book of Philippians

12 Week Study Guide

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During the Week

- Watch or listen to the three SHINE episodes for the week
- Read the assigned scripture passages
- Complete the journal questions
- Memorize the weekly verse
- Try the recommended practice for the week

When You Meet

- Open in prayer
- Recite the memory verse for each other
- The facilitator for that week leads the discussion using the journal prompts
- Share how the weekly practice went
- Close by praying for one another

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Shine : The Book of Philippians

12 Week Study Guide

Welcome to the Become New Study Guide: SHINE.

This guide is designed to help you engage John Ortberg's teaching as you grow spiritually, reflect on Scripture, and explore key themes in spiritual formation.

Each week, you'll watch or listen to three episodes, work through journal questions, and practice memorizing Scripture. **You can use this guide in one of two ways:** participants may engage **all episodes on their own** and use gathering time to discuss what stood out from the teaching, Scripture, and journaling, then pray for one another. Or, you may choose one episode from the weekly teachings to **watch together as a group** during your gathering and have participants watch the other two on their own during the week. This packet is designed to work well for both approaches.

Please print a copy of this guide (2-sided) for each participant so everyone has space to reflect and write. You'll also find room to note meeting dates and who will facilitate discussion each week. We've found rotating leadership helpful, but it's optional. Please scan the provided QR codes to access the teaching links.

This format works well for individuals, pairs, or small groups who engage the teaching independently and come together for conversation and prayer. We hope this guide helps you grow in Christ, one day at a time.

If you have questions or need support, please reach out to us at connect@becomenew.com.

– The Become New Team

Shine : The Book of Philippians

Weekly Map

12 Week Study Guide

wk1 *date:* *leader:*

1. **What Paul Teaches Us About Everyday Greetings**
2. **Finding Confidence That Lasts**
3. **What Your Spiritual Goals Should Really Be**

wk2 *date:* *leader:*

4. **What to Pray When Life Doesn't Go Your Way**
5. **How to Handle Difficult People**
6. **How to Find Hope Today**

wk3 *date:* *leader:*

7. **Thoughts on Death and Doubt**
8. **Find Meaning in Your Suffering**
9. **The Greatness of Coming Down the Ladder**

wk4 *date:* *leader:*

10. **Philippians 2 and the True Use of Privilege**
11. **Double Down on the Cross**
12. **We Should Groan, Not Grumble**

wk5 *date:* *leader:*

13. **The Freedom of Rewriting Our Resume**
14. **Everyone Needs a "Soul Friend"**
15. **Why Love Always Feels Risky**

wk6 *date:* *leader:*

16. **How Religion Can Make People Worse (and what to do about it)**
17. **How to Truly Know Christ**
18. **The Art of Spiritual Forgetting**

Shine : The Book of Philippians

Weekly Map

12 Week Study Guide

wk7 *date:* *leader:*

19. **How to Read the Bible Like Dallas Willard**
20. **What do you know to be True?**
21. **Let Me Take You to the Amen Clinic**

wk8 *date:* *leader:*

22. **The Two Questions That Shape Every Day**
23. **Status Won't Make Us Shine**
24. **How to See People Through God's Eyes**

wk9 *date:* *leader:*

25. **How Do I Walk Through the Door of Reconciliation?**
26. **How to Experience Joy No Matter Your Circumstances**
27. **How to Trust God... Whatever Happens**

wk10 *date:* *leader:*

28. **Today, the Lord is Near**
29. **How to be Gentle**
30. **How to Pray When You Feel Anxious**

wk11 *date:* *leader:*

31. **How to Renew Your Mind (Philippians 4:8 Explained)**
32. **Faith Isn't Complete Until You Act**
33. **The Secret to Being Content in Every Circumstance**

wk12 *date:* *leader:*

34. **What Philippians 4:13 Really Means**
35. **God Will Meet All Your Needs**
36. **The True Meaning of "Jesus Christ Is Lord"**

Week 1 : Greeting and Blessing

Philippians 1, Numbers 6:22–27, 2 Corinthians 4

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. What does "grace and peace" look like when it's embodied in your daily life?

4. Who helps you feel seen and blessed simply by their presence or words? What is it about them that does this?

6. How might you become a bringer of blessing in your circle this week?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ONE:

Philippians 1:6 (NIV)
He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Each evening this week, take 3 minutes and ask:

- **Where did I bring light today?**
- **Where did I miss opportunities?**
- **Where did I notice God at work?**

Week 2 : Thanksgiving and Prayer

Philippians 2, Colossians 1:3–12, Psalm 55

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. Who has played a vital role in your spiritual growth and what did they do that helped you?

4. What "good work" do you sense God has begun in you that still needs completion?

6. How could your love grow in both knowledge and discernment this week?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWO:

Philippians 1:9–10 (NIV)
And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ.

Each morning, place one hand on your heart and say:
"Today, for me to live is Christ."

Week 3 : The Advance of the Gospel

Philippians 3, Acts 16:22–34, John 12:20–36

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. Where have you seen God use something painful or limiting in your life for a greater good?

4. How might you view your current challenges as opportunities to share Christ?

5. What would it look like for you to rejoice in the gospel's progress, even when it comes through unlikely means?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week THREE:

Philippians 1:20–21 (NIV)
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. For to me, to live is Christ and to die is gain.

This week when triggered by a difficult person or situation, pause for 5–10 seconds before responding. Silently pray: *"Holy Spirit, come. Fill me and lead me now."*

Week 4 : To Live Is Christ, to Die Is Gain

Philippians 4, 2 Corinthians 4:7–18, Exodus 34:29–35

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. How might your priorities shift if “to live is Christ” became your guiding statement?

4. What do you most fear losing and how does Christ meet you in that fear?

5. How do you experience the tension between fruitful labor here and longing for eternity?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FOUR:

Philippians 1:27 (NIV)
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 gospel.

Once per day, intentionally take 'the lower place.'
(Listen first, serve quietly, let someone else go ahead, etc.)

Week 5 : Living Worthy of the Gospel

Philippians 1, Ephesians 4:1–6, John 21:15–19

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. What does a "life worthy of the gospel" look like in your relationships right now? Is there a relationship that needs work in this regard?

4. Where do pride or self-interest still create division or distance in your life?

5. What small act of humility could you take this week that would reflect the heart of Jesus to those around you?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FIVE:

Philippians 2:3–4 (NIV)
Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Find an opportunity to give until it pinches – give time, attention, money, or status in a way that costs you something.

Week 6 : The Christ Hymn

Philippians 2, Isaiah 52:13–53:12, Hebrews 12:1–13

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. When have you experienced the power of humility, either yours or someone else's?

4. In what area of life are you being invited to "take the lower place"?

5. How does reflecting on Jesus' self-emptying love reshape your view of greatness?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SIX:

Philippians 2:5–7 (NIV)
In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

Do one act this week that risks your pride: apologize, ask for help, serve quietly, or tell the truth about a weakness.

Week 7 : Shine Like Stars

Philippians 3, Matthew 5:13–16, Psalm 23

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. What does it mean for you to “work out your salvation” in the real conditions of your week?

4. What attitudes or habits tend to "dim your light"?

5. How might you leverage gratitude and joy to make your faith more evident to others?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SEVEN:

Philippians 2:14–16 (NIV)
Do everything without grumbling or arguing, 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 as you hold firmly to the word of life.

Have a no-grumbling day. Practice one full day without grumbling or complaining. (If something is difficult, smile. Then turn it into prayer instead.)

Week 8 : Models of Service (Timothy & Epaphroditus)

Philippians 4, John 13:1–17, Mark 10:35–45

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. List five biblical stories that demonstrate God's servant heart?

4. Describe a time you served quietly without recognition, how did it feel?

5. Is there someone you can serve with practical care this week? Who are they and what might you do?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week EIGHT:

Philippians 3:7–8 (NIV)
But whatever were gains to me I now consider loss for the sake of Christ. 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.

Practice secret serving this week. Find one opportunity to bless someone or serve them without them knowing it. Get creative if you need to!

Week 9 : Counting All as Loss

Philippians 1, Luke 18:18–30, Romans 12:9–21

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. What personal achievements or possessions subtly compete for your confidence apart from Christ?

4. What does it mean for you to "gain Christ" in this season of your life?

5. What suffering or loss are you experiencing right now and how might it become an invitation to deeper intimacy with Jesus?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week NINE:

Philippians 3:13–14 (NIV)
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, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Start your days with the Whatever-Happens prayer.
"Whatever happens today, help me live worthy of the gospel."

Week 10 : Pressing Toward the Goal

Philippians 2, Deuteronomy 30:11–20, Hebrews 12:1–11

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. Where in your life do you sense God calling you to press on instead of settle?

4. What does "forgetting what lies behind" mean for you personally?

5. How can you anchor your identity more in your heavenly citizenship than in worldly success?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TEN:

Philippians 4:6–7 (NIV)
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Gentleness inventory. This week set aside time to ask your significant other or close friend: *How could I be a more gentle person?* Then listen and do not defend.

Week 11 : Peace and Joy in the Lord

Philippians 3, Psalm 16, John 14:23–27

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. What situation most tempts you toward anxiety? Where is God inviting you to trust him in those situations?

4. Which of Paul's "think about these things" qualities (true, noble, pure, lovely…) most needs attention in your thought life?

5. Describe a time that you were able to bring peace into an anxious environment? What enabled you to do that?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ELEVEN:

Philippians 4:8 (NIV)
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.

Spend 15 quiet minutes alone in nature. Breathe deep and notice beauty around you.

Week 12 : Contentment and Generosity

Philippians 4, 2 Corinthians 9:6–15, Isaiah 40:27–31

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. Where do you most struggle to feel content in your life and what might Christ be teaching you there?

4. Describe a time when you either gave or received generosity that changed how you understood what it means to have "enough."

5. List five examples from scripture of God being generous. Why do you think God is a generous person?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWELVE:

Philippians 4:12–13 (NIV)
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. I can do all this through him who gives me strength.

Practice contentment by denying yourself a simple pleasure you usually partake in without thinking. Instead, recite this week's memory verse.

MEMORIZATION

Become New : SHINE

Week 1

Philippians 1:6 (NIV)
He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Week 2

Philippians 1:9–10 (NIV)
And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ.

Week 3

Philippians 1:20–21 (NIV)
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. For to me, to live is Christ and to die is gain.

Week 4

Philippians 1:27 (NIV)
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 gospel.

Week 5

Philippians 2:3–4 (NIV)
Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Week 6

Philippians 2:5–7 (NIV)
In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

Week 7

Philippians 2:14–16 (NIV)
Do everything without grumbling or arguing, 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 as you hold firmly to the word of life.

Week 8

Philippians 3:7–8 (NIV)
But whatever were gains to me I now consider loss for the sake of Christ. 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.

Week 9

Philippians 3:13–14 (NIV)
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, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Week 10

Philippians 4:6–7 (NIV)
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Week 11

Philippians 4:8 (NIV)
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.

Week 12

Philippians 4:12–13 (NIV)
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. I can do all this through him who gives me strength.

Practices

Week 1
Each evening this week, take 3 minutes and ask: Where did I bring light today?

Week 2
Each morning, place one hand on your heart and say: "Today, for me to live is Christ."

Week 3
This week when triggered by a difficult person or situation, pause for 5–10 seconds before responding. Silently pray: "Holy Spirit, come. Fill me and lead me now."

Week 4
Once per day, intentionally take 'the lower place.'

Week 5
Find an opportunity to give until it pinches.

Week 6
Do one act this week that risks your pride: apologize, ask for help, serve quietly, or tell the truth about a weakness.

Week 7
Have a no-grumbling day. Practice one full day without grumbling or complaining.

Week 8
Practice secret serving this week.

Week 9
Start your days with the Whatever-Happens prayer.

Week 10
Gentleness inventory. This week set aside time to ask your significant other or close friend: How could I be a more gentle person?

Week 11
Spend 15 quiet minutes alone in nature (no screens). Notice the beauty around you.

Week 12
Practice contentment by denying yourself a simple pleasure

Books Referenced During this Series:

Anam Cara — John O'Donohue
Blessed Are the Peacemakers — Thomas Merton
Celebration of Discipline — Richard Foster
The Chronicles of Narnia: The Silver Chair — C.S. Lewis
The Critical Journey — Janet O. Hagberg & Robert A. Guelich
The Divine Conspiracy — Dallas Willard
The End of Memory — Miroslav Volf
Existential Psychotherapy — Irvin D. Yalom
Forgive for Good — Fred Luskin
Gentleness: Rediscovering the Lost Virtue — J. Oswald Sanders
Hearing God — Dallas Willard
How the Irish Saved Civilization — Thomas Cahill
I Can't Wait Until Tomorrow…Because I Get Better-Looking Every Day — Joe Namath (with Dick Schaap)
Knowing Christ Today — Dallas Willard
The Kingdom Among Us — Dallas Willard
The Lord Is Near — F. B. Meyer
The Lord of the Rings — J.R.R. Tolkien
The Myth of Sisyphus — Albert Camus
Paradise Lost — John Milton
Pascal: A Life of Genius — James Connor
Philippians (Word Biblical Commentary) — Gerald F. Hawthorne

Books Referenced During this Series (cont.):

The Psychology of Hope — C. R. Snyder
Reconstructing Honor in Roman Philippi — Joseph H. Hellerman
The Road Less Traveled — M. Scott Peck
The Science of Revenge — James Kimmel Jr.
Status Anxiety — Alain de Botton
The Spirit of the Disciplines — Dallas Willard
The Sovereignty of Good — Iris Murdoch
Thomas Wingfold, Curate — George MacDonald
To Kill a Mockingbird — Harper Lee
The Value of the Human Person — Henri Nouwen
The Varieties of Religious Experience — William James
Wandering in Darkness — Eleonore Stump
Why Beauty Matters — Roger Scruton
Why I Am Not a Christian — Bertrand Russell
A Psalm of Life — Henry Wadsworth Longfellow