



Welcome back Lockdown Lookouts...

I can't believe I am nearly being let out of prison! I can't believe I am in one piece at the end of my time here. I've been enabled to keep going despite how hard it has been. The Apostle Paul has nearly finished his letter to the Philippians. He's been telling me about how I've been helped to keep going. But I am still not sure I understand.

Can you help me understand the next part of his letter to the Philippians?

Yours

Jail Bird Joe

Opening Prayer

'Dear Heavenly Father, help us to know you better as we read from the Bible now, and to love Jesus more. Amen.'

Challenge

Have a game where you ask each other a series of questions - some of which are questions about things they can do - they have to answer truthfully - but without saying 'yes' or 'no'. See if you can catch each other out!

Example: 'Can you ride a bike?' 'I am able to do that' not 'yes I can'

For an idea of some questions you can ask, click [here](#).

Today, we are going to see what the Apostle Paul says about how we keep going in life...

Read Philippians 4:10-13

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.

Chat it through

- **Have you ever wished you had something which you didn't have? Or wished things were different for you?**
 - It might be anything!
- **When life is hard, what feelings can we feel?**
 - Angry, sad, jealous of others, down.
- **Paul has gone through some very different things. What are they? (v12)**
 - He has had good times. But also bad times - being hungry, not having enough food and in difficulty.
- **But what has Paul learnt? (v11)**
 - To be content in all situations. That is, he is able to be thankful when we has enough. But not be down or feel God has let him down, when things are difficult.
- **How can Paul feel that way? (v13)**
 - Through Jesus. Paul couldn't do it. But Jesus gives Paul strength to be able to keep going, trusting him and not feeling down when things are difficult.
- **What things do you find hard? How will this verse help you?**

Pray it through

The Apostle Paul talked about the different situations he had been in:

In need

Have plenty.

Well fed

Hungry

Living in plenty

Living in in want.

Can you think about people who are facing these different situations at present? Maybe people you know or people you have heard about on TV?

Pray for them to know Jesus themselves, and find strength to face the situations they are in, or not to forget about Jesus in the good situations.

NOW un pause the video on YouTube to continue...

Craft

- 1) Click [here](#) to find a superhero themed memory verse game to help you remember this verse!
- 2) For a word search on our verse, click [here](#).