



AN EPISTLE OF JOY:

PHILIPPIANS

*3. Our True Hope*

# Chapter 3:1-4



Finally, my brothers and sisters, rejoice in the Lord. To write the same things to you is not troublesome to me, and for you it is a source of steadfastness. <sup>2</sup> Beware of the dogs, beware of the evil workers, beware of those who mutilate the flesh! <sup>3</sup> For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh— <sup>4</sup> even though I, too, have reason for confidence in the flesh.

# Chapter 3:4-6



If anyone else has reason to be confident in the flesh, I have more: <sup>5</sup> circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; <sup>6</sup> as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

# Chapter 3:7-8



Yet whatever gains I had, these I have come to regard as loss because of Christ. <sup>8</sup> More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish,...

# Chapter 3:8-11



in order that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law but one that comes through faith in Christ, ... <sup>10</sup> I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, <sup>11</sup> if somehow I may attain the resurrection from the dead.

# Chapter 3:12-14



Not that I have already obtained this...but I press on to lay hold of that for which Christ [Jesus] has laid hold of me. <sup>13</sup> Brothers and sisters,...one thing I have laid hold of: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup> I press on toward the goal, toward the prize of the heavenly (upward) call of God in Christ Jesus.



# 1 Corinthians 9:24-26



Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. <sup>25</sup> Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. <sup>26</sup> So I do not run aimlessly, nor do I box as though beating the air...

# Chapter 3:12-14



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# Chapter 3:15-17



Let those of us, then, who are mature **think this way**. If you think differently about anything, this, too, God will reveal to you. <sup>16</sup> Only let us **hold fast** to what we have attained. <sup>17</sup> Brothers and sisters, join in **imitating me**, and **observe** those who live according to the example you have in us.

# The Daily Examen



An example from St. Ignatius of Loyola of a step-wise way to reflect on our day - our actions, thoughts, and emotions - in order to grow in Christian faith.

See (e.g.): [ignatian spirituality.com](http://ignatian spirituality.com)  
[jesuits.org](http://jesuits.org)  
[loyolapress.com](http://loyolapress.com)

# Paul's Own Pattern



Enjoying High Status	3:4-6
Forsaking Status	3:7-8
Adopting Life in Christ	3:8-11
Hoping for Future	3:12-14

# Chapter 3:20-21



But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. <sup>21</sup> He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

# *“HOPE”*



In essence, New Testament hope is a robust, confident expectation tied to the faithfulness of God and the transformative power of Jesus Christ. It's a hope that transcends circumstances and provides strength and encouragement to believers.