

A Back-to-School “Backpack” from Philippians

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With lists in hand, families shop for everything from paper to colored pencils to prepare for the new school year. In Philippians, we can discover God’s provision for a full and meaningful emotional, social, spiritual, and mental life. As you read Philippians, what else do you discover for your own “backpack”? Here’s a few ideas to help you begin:

Cheerfulness: Philippians 2:14 (TPT) *Live a cheerful life, without complaining or division among yourselves.*

Confidence: Philippians 1:6 (NASU) *For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.*

Courage: Philippians 1:20 (ESV) *...I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body... In The Message, 1:20 says: I can hardly wait to continue on my course. I don’t expect to be embarrassed in the least... And in the NLT, that verse says For I fully expect and hope that I will never be ashamed, but that I will continue to be bold for Christ, as I have been in the past. And I trust that my life will bring honor to Christ, whether I live or die.*

Grace and Peace: Philippians 1:2 (TPT) *May the blessings of divine grace and supernatural peace that flow from God our wonderful Father, and our Messiah, the Lord Jesus, be upon your lives.*

Endurance: Philippians 1:29-30 (TPT) *For God has graciously given you the privilege not only to believe in Christ, but also to suffer for him. For you have been called by him to endure the conflict in the same way I have endured it—for you know I’m not giving up.*

Harmony: Philippians 2:2 (TPT) *...be joined together in perfect unity—with one heart, one passion, and united in one love. Walk together with one harmonious purpose and you will fill my heart with unbounded joy.*

Humility: Philippians 2:3 (NASU) *Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves*

Joy: Philippians 4:4 (TPT) *Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One!*

Kindness: Philippians 2:4 (NASU) *do not merely look out for your own personal interests, but also for the interest of others.*

Love: Philippians 1:9 (TPT) *I continue to pray for your love to grow and increase beyond measure, bringing you into the rich revelation of spiritual insight in all things.*

If you and/or a family member are experiencing anxiety, depression, or other debilitating mental health concerns, you can call the National Alliance on Mental Illness (NAMI) helpline at 1.800.950.NAMI; in a crisis, text "NAMI" to 741741. In South Florida, you can find contact information for many Christian counselors at the South Florida Association of Christian Counselors, at <https://sfacc.net>.



For additional encouragement (especially during this Covid season), you can work through Core Healing from Trauma, a biblical counseling workbook for individuals or groups, available on Amazon (<https://cutt.ly/occdeIH>), now available as an audiobook on **audible**. You can subscribe to my blog at <https://corehealingfromtrauma.com/>.