

## Emotions and the Heart: A Study on the Book of Philippians

### Week 1 - Overview

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**Author:** Paul – while he was in prison

**Written To:** Believers at the church in Philippi and believers everywhere

**Why Was It Written:**

- To encourage believers to have joy even through difficult circumstances
- To explain contentment and promote deep and growing relationship with Christ
- To encourage Humility, Self-Sacrifice, Unity, Christian Living and Joy

**Biblical Principles:**

- Happiness depends on happenings. Joy does not come from outward circumstances but from inward strength. Learn how to develop inward strength and how to have joy even in hardships.
- He put you in a particular place, for a specific reason, to accomplish an important thing!

**This is what the Bible says about Lydia: Acts 16:11-15**

**Please note the spiritual progression:**

1. Women gathered together.
2. She was a worshipper of the Lord.
3. She listened to the message.
4. The Lord opened her heart.
5. She accepted – She believed the Lord.
6. Her entire household was changed.