



PHILIPPIANS

Curriculum Jan. 18 - March 8, 2026



PHILIPPIANS

Table of Contents

1	LESSON 1: PAUL'S JOY
2	Lesson 1 Craft: Pipe Cleaner Finger Puppets
3	LESSON 2: PAUL'S CHAINS
4	Lesson 2 Craft: Rubber Band Chain Bracelet
5	LESSON 3: DON'T BE A BRAGGER
6	Lesson 3 Craft: Moving Paper Caterpillar
7	LESSON 4: SHINE BRIGHTLY FOR CHRIST
8	Lesson 4 Craft: Glowing Water Beads
9	LESSON 5: KNOWING CHRIST > EVERYTHING
10	Lesson 5 Craft: Friendship Pins
11	LESSON 6: PRESS ON TOWARD THE GOAL
12	Lesson 6 Craft: Paper Plate Fish
13	LESSON 7: WHAT TO DO WITH WORRY
14	Lesson 7 Craft: Modeling Clay
15	LESSON 8: HAPPY WITH WHAT YOU HAVE
16	Lesson 8 Craft: Gratitude Octopus



PHILIPPIANS

Memory Verses

Week 1

PHILIPPIANS 1:4-5

Text In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now...

Week 2

PHILIPPIANS 1:12

Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.

Week 3

PHILIPPIANS 2:3-4

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 others.

Week 4

PHILIPPIANS 2:14-15

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

Week 5

PHILIPPIANS 3:8

...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 6

PHILIPPIANS 3:14

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Week 7

PHILIPPIANS 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Week 8

PHILIPPIANS 4:12-13

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.



PHILIPPIANS

Lesson 1: Paul's Joy

Passage
Main Point

Intro

Supporting
Points

Antithesis
Application
Discussion

PHILIPPIANS 1:1-11

Joy comes from sharing God's message and seeing his message spread through our friends.

Philippians is called the book of joy. Today, we're going to learn about Paul, the author of the letter, and the Philippians, the recipients. Specifically, we'll learn about how Paul was joyful because the Philippians loved God and shared His good news.

WHO IS PAUL? AND WHO IS HE WRITING TO?

Paul was called by God to preach the good news about Jesus to the Gentiles

- As a result, Paul and his friend Timothy started a church in Philippi
- This is a letter to the people in that church, called the Philippians
- The Philippians are new Christians who are really excited about their faith

Paul was imprisoned because he was sharing the good news. He is writing this letter from prison.

WHY WAS PAUL SO JOYFUL?

Paul was in prison while writing this. Would you be joyful in prison?

- Despite this, Paul was joyful because even though he couldn't spread the gospel, his friends (the Philippians) were doing that!
- Paul continues to pray for his friends in Philippi, which helped him have joy

HOW CAN WE HAVE THE SAME JOY?

We can take joy in many things

- Ex: vacations, sports, new toys, good food
 - God wants these things to bring us happiness, but that happiness doesn't last
- Like Paul, our joy should be in knowing God and seeing his good news spread
- Both through us and through our friends!

This is because we were created to share God's love and good news. It gives our lives meaning and purpose.

Looking for joy in something other than knowing God and sharing his good news

Learn about God's good news, make friends with people who love God so you can learn about him together

- What kinds of things make you happy? Does that happiness last?
- What characteristics/attributes about God that bring you joy?
- What is so exciting about learning about God and sharing His message?
- Have you ever seen God change you or a friend for the better? What was that like? Why might seeing God change someone bring you joy?
- Why might it be important to have friends that also love God?



PHILIPPIANS

Lesson 1: Paul's Joy

Craft

Meaning

Supplies

Instructions

Image

PIPE CLEANER FINGER PUPPETS

Today we learned that joy comes from sharing God's message with friends! We are making finger puppet friends today to remind us where our joy comes from.

Pipe cleaners, pompoms, googly-eyes, glue, scissors

1. Wrap a pipe cleaner around your finger like a coil
2. Slide the pipe cleaner off your finger and fold the remaining end over so it makes a nice platform for the pompom head
3. Glue the pompom on the remaining end of the pipe cleaner
4. Glue the eyes on the pompom
5. Add a tail, arms, ears, etc. You may prefer to use glue, although you can twist short pieces of pipe cleaner for the arms and tail around the coiled pipe cleaner





PHILIPPIANS

Lesson 2: Paul's Chains

**Passage
Main Point
Intro**

**Supporting
Points**

**Antithesis
Application
Discussion**

PHILIPPIANS 1:12-14

God can take the bad things in our lives and turn them into good things

Last week we learned that even though Paul was in prison, he had joy because his friends were sharing God's message with others. Today we're going to learn about how God can use bad things in our lives to bring about good.

HOW DID GOD USE THE BAD THINGS IN PAUL'S LIFE TO SPREAD HIS MESSAGE?

Paul was in a bad situation when he was put in prison for sharing the good news about Jesus. But God brought 3 good things out of it!

1. While in prison, Paul was chained to Roman soldiers. He told the soldiers about Jesus, and then the soldiers told people all over Rome about Jesus!
2. When the Christians heard about how Paul was still being bold for Jesus even in prison, it made them want to be bold, too!
3. Paul wrote a lot of New Testament letters while he was in prison. Our Bible wouldn't be the same if God didn't use this bad circumstance for good!

HOW DOES GOD TURN THE BAD THINGS IN MY LIFE INTO GOOD THINGS?

All of us will experience bad things in our lives.

- Ex: bullies, having trouble at school, illness of a neighbor or family member, death of a pet, not getting my way, having to share

God uses bad things to:

- Grow us into better people. Bad things teach us patience and perseverance.
- Help us help others. We can help our friends when they go through similar things.
- Show us his comfort and love. When we are going through bad times, this is when it's most important to talk to God and experience His love.

Believing that the bad things in my life are pointless or that God can't do anything about them, feeling bad for myself instead of seeing how God is using the bad things for good

When bad things are happening to you, trust that God is using it for good. Learn about how God has used bad things for good in other people's lives.

- How would you feel you were Paul and you kept being thrown in prison, bitten by snakes, ship wrecked, and beaten? Would it be hard to believe that God could use those things for good?
- What do you typically do/feel when bad things that happen in your life?
- Why is it hard to believe that God will use the bad things in your life for good?
- Can you think of a time when God used something bad in your life for good? What was that like? Does remembering this experience make it easier to trust God when bad things happen in the future?



PHILIPPIANS

Lesson 2: Paul's Chains

Craft

Meaning

Supplies
Instructions

Image

RUBBER BAND CHAIN BRACELET

Even though Paul was in chains in prison, God was able to use this bad circumstance for good. This rubber band chain bracelet will remind you of Paul's chains and how God also wants to use the bad things in your life for good.

Small rubber bands, c-clips or s-clips, pencils/markers (optional)

1. Choose the colors of your bracelet
2. Loop the first band between your middle and index finger in a figure 8. You may also loop the bands around 2 pencils/markers if desired.
3. Loop another band above the first band over your middle and index finger. Do not twist this band into a figure 8.
4. Pull the right side of the bottom band over the top one. Do the same with the left side.
5. Add another band (without twisting it) and repeat step 4 until you reach your desired length.
6. Secure the bracelet shut with a c-clip or s-clip.

NOTE: For clearest instructions, visit https://youtu.be/DFETpAx_zFs for a video tutorial or <https://www.wikihow.com/Make-a-Single-Loom-Bracelet>.





PHILIPPIANS

Lesson 3: Don't be a Bragger

Passage

Main Point

Intro

Supporting Points

PHILIPPIANS 2:1-11

Instead of being braggers, we should treat others as more important than ourselves. This is what Jesus did for us!

So far, Paul has told the Philippians about the joy that he has even while in prison. In today's passage, Paul says that his joy will be made complete if the Philippians aren't braggers, but instead become like Jesus.

WHAT IS BRAGGING?

Bragging is talking about how great you are all the time.

Braggers think that they're better or more important than other people.

DID JESUS BRAG?

Even though Jesus was God, he never bragged!

- Ex: Imagine if you were Iron Man. Would you brag? Jesus was even more powerful than Iron Man and he still never bragged.

Instead of making himself the most important, Jesus died on the cross for us. He treated us as the most important!

HOW CAN WE BE LIKE JESUS?

Instead of bragging about ourselves, we should look for ways to make our friends most important!

- Think about the good things about your friend instead of yourself
- Find ways to make your friend's day awesome instead of your own
- Ask your friends about themselves and be a good listener

Being a bragger, always doing what you like instead of what someone else likes

Ask your friends what they want to do/play, become a good friend by making someone else's day awesome instead of your own

- Why do we like to brag?
- Why might it be hard to make friends when you're a bragger?
- How do you feel when someone asks what you want to do/play first?
- Jesus treated us as the most important when he died on the cross for us. What else did Jesus do to show people that he loved them?
- Can you think of ways that you can make someone's day awesome?

Antithesis

Application

Discussion



PHILIPPIANS

Lesson 3: Don't be a Bragger

Craft

Meaning

Supplies

Instructions

Image

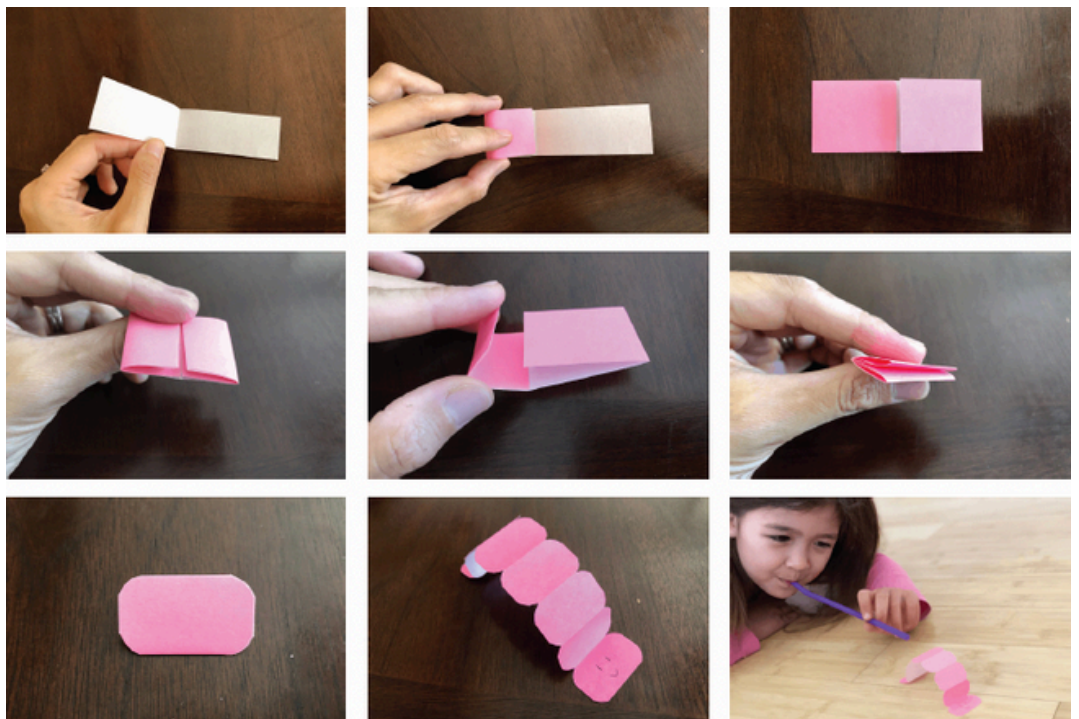
MOVING PAPER CATERPILLAR

In today's lesson we learned that we shouldn't brag about how great we are. Caterpillars don't brag because they aren't yet butterflies. We're going to make caterpillars to remind us not to be braggers.

Strips of colored paper, scissors, markers, drinking straw

1. Fold the strip of colored paper in half, then unfold the paper
2. Fold one end of the paper in towards the center, then do this another time
3. Repeat the folds from step 2 on the other side
4. Fold the 2 halves together
5. Use scissors to round off the edges and unfold
6. Draw eyes and a mouth on your caterpillar
7. Blow through the straw at the 3rd segment to make your caterpillar crawl

For clearest instructions, visit <https://youtu.be/pem9-8IYxRs> for a video tutorial





PHILIPPIANS

Lesson 4: Shine Brightly for Christ

Passage

Main Point

Intro

Supporting Points

Antithesis

Application

Discussion

PHILIPPIANS 2:12-18

When we start a relationship with God, He makes us a new creation. Because of this, our lives should show other people how great God is!

God changed Paul into a new creation so that he could share the good news with others. Today we'll learn that God wants to make us into a new creation, too!

WHAT DOES IT MEAN TO BE A NEW CREATION?

Someone who is a new creation has been given "every spiritual blessing" from God

- Includes forgiveness, promise of heaven, adoption into God's family, the Holy Spirit, spiritual gifts, etc.

HOW CAN I BECOME A NEW CREATION?

We are born separated from God because of the mistakes we make (sin)

Jesus died on the cross to pay for our sin so we can start a relationship with God

The moment we start a relationship with God we become a new creation

HOW DO I SHINE BRIGHTLY FOR CHRIST?

Someone who is a new creation stands out from everyone else

- Ex: Steve Rogers becomes a "new creation" when he transforms into Captain America. As a superhero, he stands out from the rest of society

Ways to shine brightly for Christ:

1. "Do everything without grumbling or arguing" (verse 14)
2. "Hold firmly to the word of life" (verse 16)
3. "Be glad and rejoice" (verse 18)
4. Allow God to change you over time (verse 13)

Never becoming the "new creation" God wants us to be, living like someone who doesn't have a relationship with God, not allowing God to change you

Learn what it means to be a new creation, become a new creation by starting a relationship with God, find things that make you "shine among them like stars in the sky" and give them a try, ask God for help

- What does it mean to be a new creation? How can you become a new creation?
- Why do you think God wants us to stand out as Christians?
- What might be scary about standing out like the stars in the sky?
- What kinds of actions shine brightly for Christ? How could you do one of these things this week at school or with your family?
- How do you want God to change/grow you over time? What are they?



PHILIPPIANS

Lesson 4: Shine Brightly for Christ

Craft

Meaning

Supplies

Instructions

Image

PAPER BAG STARS

Since we shine brightly for Christ, we're making star crafts!

Small paper lunch bags - preferably white (9 per student), hot glue gun (one per location) OR glue sticks, scissors, hole punch, and twine

1. Start gluing the 9 paper bags together. Add a T shape line of glue to the paper bag, then lay the next bag on top. Then continue this step for 8 more bags.
2. Once all nine bags are glued together, cut the design per your wish. This is the fun part. You can get creative and make your own paper bag star the way you want it. Feel free to color or decorate them!
3. Once your design is finished, glue the last two paper bags together.
4. Cut a hole and pull through a piece of twine to hang the star.

Source: <https://placeofmytaste.com/paper-bag-stars-in-5-minutes/>





PHILIPPIANS

Lesson 5: Knowing Christ > Everything

Passage

PHILIPPIANS 3:1-11

Main Point

Knowing Christ (building our friendship with God) is the most important thing we can do!

Intro

Paul used to think that rules were most important, but now he knows that the most important thing that we can do is to know (build a friendship with) God.

Supporting Points

DOES GOD WANT ME TO FOLLOW STRICT RULES?

Paul was a religious teacher who followed very strict rules, but then he became a Christian and realized that God doesn't want us to follow strict rules

Paul says these rules are "garbage" (or poop!) compared to knowing Christ, or building a friendship with God.

GOD CARES MOST ABOUT OUR FRIENDSHIP WITH HIM!

What makes a good friend? God is that kind of friend to us!

- Spends time with you - God wants to spend time with us. We can spend time with God by reading the Bible and talking to Him through prayer.
- Cares - God cares about you so much!
- Shares advice - God has advice for us in the Bible that we can follow.
- Loyal - God will never leave us
- Has mutual friends - We can build our friendship with God in a community of other Christians!
- Is fun - God wants following him to be a blast!

Antithesis

Thinking that God wants us to follow a strict set of rules, thinking that God doesn't want to be my friend

Application

Learn about how God wants a friendship with you, and begin building that friendship!

Discussion

- What was a time where you had fun hanging out with your friends?
- What qualities do you look for in a good friend?
- What is awesome about having a friendship with God?
- What might happen if you thought that God just wanted you to follow strict rules instead of have a friendship with you?
- How could you begin building your friendship with God?



PHILIPPIANS

Lesson 5: Knowing Christ > Everything

Craft

Meaning

Supplies

Instructions

Image

FRIENDSHIP PINS

Today we learned that building our friendship with God is the most important thing we can do. Today, we are making friendship pins to remind ourselves of the friendship we have with God!

Safety pins, letter beads, colorful beads, small pliers

1. Pick out the letters you want to use (Ideas: fam, squad, GOAT, BFF)
2. Open up the safety pin by using small pliers to uncurl it. Make sure the pin is uncurled enough so the beads fit over the curl, but not so much that you don't know where to bend the pin after the beads are in place.
3. Feed the beads onto the pin past the curl
4. Curl up the safety pin using the pliers to twist and crimp the safety pin around until it's back in the original position





PHILIPPIANS

Lesson 6: Press on Toward the Goal

Passage

Main Point

Intro

Supporting Points

Antithesis

Application

Discussion

PHILIPPIANS 3:12-4:1

Instead of focusing on mistakes we've made in the past, we should focus on the good things in store for us in the future.

Even though Paul has made mistakes (he used to be a murderer!) he decides to focus on the good things in store for him in the future.

WHY SHOULDN'T I FOCUS ON THE PAST?

Focusing on the past means constantly remembering your mistakes or failures

- Ex: hurting a friend/sibling, disobeying your parents, forgetting your homework
- Even though we aren't guilty anymore if we've asked for Jesus's forgiveness, focusing on these things makes us feel guilty again.

Focusing on the past keeps you from "pressing on towards the goal"

- Ex: Demonstrate this analogy by asking 2 kids to race each other with a prize at the end. Tell one kid that they have to look backwards as they run. See which kid is able to reach the prize first.

WHAT "PRESS ON TOWARDS THE GOAL" MEAN?

Pressing on towards the goal means that we focus on the good things in store for us in the future, both in this life and in heaven.

- In this life - we can focus on building our friendship with God (we talked about this last week)
- In heaven - we should think about what heaven is going to be like and get excited to go there!

Feeling guilty about your past, neglecting to build your friendship with God, never thinking about heaven

Learn about how Jesus's forgiveness applies to your guilt, intentionally think about heaven in your day-to-day life, focus on building your friendship with God

- Have you ever raced somebody in gym class or on the playground? Why might it be important to focus on the finish line during a race?
- What would happen if someone only focused on the past instead of the future?
- How does it make you feel that God has forgiven all of your past mistakes?
- What is something you're excited about for your future on earth?
- What is something you're excited about for heaven?



PHILIPPIANS

Lesson 6: Press on Toward the Goal

Craft

Meaning

Supplies

Instructions

Image

PAPER PLATE FISH

Have you ever heard the phrase, “just keep swimming”? Today we’re going to make a fish to remind us to press on toward the goal!

Paper plate, scissors, stapler, colored tissue paper, liquid glue, googly eyes

1. Cut a wedge/triangle out of the plate (any size). The triangle you cut out will be the tail of the fish, while the hole in the plate is the mouth.
2. Staple your cut out triangle to the plate as the tail
3. Cut or tear your tissue paper into squares
4. Cover the entire paper plate fish with school glue and place the tissue paper all over the fish
5. Once the fish is completely covered, glue on the googly eye





PHILIPPIANS

Lesson 7: What to do with Worry

Passage

PHILIPPIANS 4:6-9

Main Point

We can trust God with our fears and worries. When we do, we get to experience God's peace.

Intro

Paul went through a lot of scary situations such as shipwreck, imprisonment, and violent attacks. Despite this, he knew how to trust God with his fears and worries through prayer. Today we're talking about how we can do that, too!

Supporting Points

WHAT SHOULD I DO WITH MY WORRIES?

We worry all the time!

- Ex: homework, sick family members, bullies, etc.

But Paul says "don't worry about anything." That sounds impossible!

We aren't supposed to just stop worrying, but replace our worries with prayer.

Paul tells us how we should pray:

1. Tell him what you need (verse 6)
2. Thank him for what he has done (verse 6)
3. Set your mind on what is true, honorable, right, pure, etc. (verse 8)

WHAT IS GOD'S PEACE?

Paul says that when we trust God with our worries, we will experience His peace.

God's peace = assurance that God is with me no matter what I'm worried about.

Antithesis

Ignoring my fears or worries, never asking God for help, ingratitude

Application

Pray when you're worried, tell God what you need, thank Him for what He has done, set your mind on whatever is true and right

Discussion

- What kinds of things do you worry about?
- What do you usually do when you feel afraid?
- Do you tell God when you are worried or afraid? Why or why not?
- What are some things you can thank God for when you are worried?
- How could you tell that someone has God's peace, or is sure that God is going to take care of them?



PHILIPPIANS

Lesson 7: What to do with Worry

Craft

Meaning

Supplies

Instructions

Image

MODELING CLAY

Sometimes it's hard to remember that God can overcome our worries and fears. Sculpt something that you're afraid of and then crush it!

Modeling clay or play doh

1. Sculpt something you're afraid of (Ex: monsters, tornados, etc.)
2. Crush your sculpture to remind you that God is stronger than your worries and fears!





PHILIPPIANS

Lesson 8: Happy with what you Have

Passage

Main Point

Intro

Supporting Points

Antithesis

Application

Discussion

PHILIPPIANS 4:10-20

In order to be happy with what you have (content), you must be grateful for Jesus and everything he's given you.

Even though Paul was in prison, he was able to be happy with what he had. Today we are going to talk about how to be happy with what you have and why it's important.

WHY SHOULD I BE HAPPY WITH WHAT YOU HAVE?

Not many of us are happy with what we have!

- Ex: wanting a newer toy, being jealous of a friend's skill in sports or music, wishing we looked different, etc.

If we aren't happy for what he have, we will never see all the good things that God has already given us!

HOW CAN I BECOME HAPPY WITH WHAT I HAVE?

Happiness comes from being grateful for Jesus and everything he's given us.

What has Jesus given us?

- Paul says that Jesus gives him strength (verse 13)
- Most importantly, Jesus gave up his life for us on the cross
- Jesus has given you many other things! oEx: your family and friends, your gifts and abilities, your school, etc.

People who are happy with what they have are able to share with others because they know that God has taken care of them!

- Practice sharing with your friends and family
 - Ex: letting your sibling play your video game, sharing your school supplies with a classmate, give money to people in need

Being unhappy, greedy, and ungrateful, always wanting something different/more than what you have

Practice gratitude for what you have, share with others

- Imagine that you were Paul and you were beaten, shipwrecked, and put in prison. Would you be happy? Why do you think Paul was happy?
- What is something you think you need? Do you actually need that thing, or do you just want it?
- Why is it hard to be happy with what we have?
- How could you tell that someone was happy with what they had?
- What are 3 things you're grateful for that you already have? (Go in a circle)



PHILIPPIANS

Lesson 8: Happy with what you Have

Craft

Meaning

Supplies

Instructions

Image

GRATITUDE OCTOPUS

Today we are going to practice being happy with what you have by making a gratitude octopus. Each tentacle represents something you're grateful for!

Cupcake liners, 6-inch strips of construction paper, googly eyes, glue stick, scissors, markers

1. Curl the ends of all the strips of paper by wrapping them around a pencil about halfway up
2. Bend the flat ends of the curled paper strips inward
3. Glue the ends of the paper strips around the edges of the cupcake liner
4. Attach googly eyes to the cupcake liner and draw a mouth on the octopus
5. Write one thing you're grateful for on each tentacle

