



July 19, 2026

Philippians 2:19–30 (NLT) - *If the Lord Jesus is willing, I hope to send Timothy to you soon for a visit. Then he can cheer me up by telling me how you are getting along. I have no one else like Timothy, who genuinely cares about your welfare. All the others care only for themselves and not for what matters to Jesus Christ. But you know how Timothy has proved himself. Like a son with his father, he has served with me in preaching the Good News. I hope to send him to you just as soon as I find out what is going to happen to me here. And I have confidence from the Lord that I myself will come to see you soon.*

Meanwhile, I thought I should send Epaphroditus back to you. He is a true brother, co-worker, and fellow soldier. And he was your messenger to help me in my need. I am sending him because he has been longing to see you, and he was very distressed that you heard he was ill. And he certainly was ill; in fact, he almost died. But God had mercy on him—and also on me, so that I would not have one sorrow after another.

So I am all the more anxious to send him back to you, for I know you will be glad to see him, and then I will not be so worried about you. Welcome him in the Lord's love and with great joy, and give him the honor that people like him deserve. For he risked his life for the work of Christ, and he was at the point of death while doing for me what you couldn't do from far away.

Learning #1: Joy grows when we shift the focus off ourselves.

Philippians 2:20-21 (NLT) - *I have no one else like Timothy, who genuinely cares about your welfare. All the others care only for themselves and not for what matters to Jesus Christ.*

Mark 8:35 (LB) - *Only those who give away their lives for my sake and for the sake of the Good News will ever know what it means to really live.*

Learning #2 Faithfulness leads to joy.

Philippians 2:22 (NLT) - *But you know how Timothy has proved himself. Like a son with his father, he has served with me in preaching the Good News.*

Proverbs 28:20 (NLT) - *The trustworthy person will get a rich reward, but a person who wants quick riches will get into trouble.*

Luke 16:10 (NLT) - *If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities.*

Learning #3: Service and sacrifice create deeper joy.

Philippians 2:30 (NLT) - *For he risked his life for the work of Christ, and he was at the point of death while doing for me what you couldn't do from far away.*

Mark 10:45 (NLT) - *For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.*