

*Start Your Day Off Rejoicing Over The  
Blessings, Benefits and Beauty of Knowing Jesus.*

# JOY FOR BREAKFAST



A MONTH OF MORNING PRAYERS BASED  
ON THE EPISTLE TO THE PHILIPPIANS

**Jimmy D. Brown**

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## Introduction: A Reminder To Carry With You Throughout The Day

The alarm clock rings, and we're already running behind. Before we even know if we're ready, willing and able to enter the day, it's ready, set, go.

And during the coming hours, there will likely come a rush of things that can rob us of our joy in Jesus.

Distractions. Discouragements. Defeats.

While there are a number of ways that God has equipped us to rightly handle the stresses and messes of life in this busy, broken world, a primary one is often skipped or rushed. Time. With. Him.

It is essential that we spend time with Him in order to *"fuel up"* before we head out into the draining day that awaits us. The truth is that the remedy for busy, frantic lives is not to speed up, but to slow down.

The thing that will most help us with what we face each day is to simply spend time with Jesus getting recharged so we can be prepared for what lies ahead, and refocused so we can prioritize the things that matter most.

While you may state it a little differently than I do, we are all alive today to live out the basic meaning of my personal mission statement...

*"I exist to know Jesus and make Him known  
so that God is honored in us and we are happy in Him."*

Spending time each morning in prayer and Bible reading will help us to better know Jesus ... and that will lead to the ultimate two-sided goal of God's honor and our happiness.

Unhurried, undistracted time with Jesus is the most important part of our day, and it should have the most intentional part of our schedule, because it's the most influential part of our lives.

That's why I prepared this little guide, *Joy For Breakfast*.

- The *"joy"* part of the title represents all that God means for us to have in Jesus.
- The *"breakfast"* part of the title represents rejoicing in Him from the very start of our day.

Each of the thirty-one daily entries in *Joy For Breakfast* has three segments...

## JOY FOR BREAKFAST

### 1. Remembering.

It starts with reading selected verses of Scripture from the Epistle to the Philippians. Infinitely more important than what I wrote in this little book is what God wrote in His book. What do we “eat” for breakfast in order to experience joy in Jesus? The Word of God. His truths, instructions, promises and revelations are the nutritious, delicious food for our souls. And with Philippians being perhaps the most encouraging, joy-filled book of the Bible, it’s a great place to start.

### 2. Repeating.

It continues with a prayer that is based off of the daily reading from the Bible. The prayer will contain elements of praise, confession and request as a response. While you shouldn’t “mindlessly” repeat the words written in the prayer, you can say them as they are written as you reflect upon what God has said to you in the verse(s). Better still, restate the prayer in your own words. Or pause as you read it to add in specific details that relate.

### 3. Responding.

It ends with a couple of “reflection questions” that are intended to accomplish two things: First, to get you thinking more deeply about God, how He relates to you by grace and all that He does to show His unfailing love for you. Second, to get you to take a practical step for living in response to and reliance upon His presence, grace and love. Whether you sit still or start your morning commute, answering these two questions is a nice way to finish up the day’s entry.

All of this is meant to lead us to “rejoice in the Lord always” (Philippians 4:4).

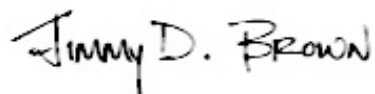
When we start the day off with “joy for breakfast” (His joy, not my book!), this will help us handle whatever we face with joy, remind us of our mission to invite others into this joy, and do all things in such a way that God is honored by our joy.

Here’s the truth...

You’re not too busy to spend time with Jesus. You’re too busy not to spend time with Jesus.

In other words, don’t skip breakfast.

All For Jesus,

Jimmy D. Brown

## JOY FOR BREAKFAST

### DAY ONE

*I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.*

– Philippians 1:3-5 (ESV Bible)

Heavenly Father,

Thank you for the people You put into my life who have encouraged me in my faith. It fills my heart with joy when I think of how You have worked through fellow believers to support, shape and strengthen me as I have grown to be more like Jesus and grown to love Jesus more. The family of God isn't perfect, but we are all partners in the gospel. We receive it. We grow in it. We share it. All because of Your grace. I ask You to graciously forgive me when I am silent in telling others the good news I know, and graciously embolden me to speak up more often. Bless my dear friends in the faith as they help me grow and go.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*Who are some people that God has used to encourage you in your faith?*

*Who do you need to encourage in their faith today?*

## JOY FOR BREAKFAST

### DAY TWO

*And I am sure of this, that he who began a good work in you  
will bring it to completion at the day of Jesus Christ.*

– Philippians 1:6 (ESV Bible)

Heavenly Father,

I am confident that I will make it through each day, each trial, each setback, each mistake and each sin until I make it home to You. This confidence is not in me or my abilities or my resources; this confidence is in You and Your promises and Your grace. So, I praise You today as the One who started, is continuing and will finish the good work of salvation in me. I confess... Sometimes I grow slowly. Sometimes I am messy. Sometimes I act ugly. But You never give up on me! What joy it brings to know that my end has been written. So, help me today to keep growing and going. You are a God who finishes what He starts.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does it make you feel to know that God will never give up on you?*

*What area of your life do you need to yield to Him as He continues His work in you?*

## JOY FOR BREAKFAST

### DAY THREE

*And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.*

– Philippians 1:9-11 (ESV Bible)

Heavenly Father,

I am so glad You do not leave me alone to figure out how to love and live wisely. Instead, you “show and tell” me all I need to know about how I am to feel, think, speak and act. You define it. You demonstrate it. And then You enable me to do it. I don’t always do it well, so I need more of Your help to be more like Jesus. To know what is right to love and what is wrong to love. To know what should be loved more and what should be loved less. And then to live out these truths in joyful obedience so that I am happy in You and You are honored in me. Thank You for leading me to what I should do and then helping me to do it.

In Jesus’ Name. Amen.

#### REFLECTION QUESTIONS...

*How has God guided your life in the past week and past decade (think of specific instances)?*

*What current decision or situation do you need to seek His will for today?*

## JOY FOR BREAKFAST

### DAY FOUR

*I want you to know, brothers, that what has happened to me  
has really served to advance the gospel.*

– Philippians 1:12 (ESV Bible)

Heavenly Father,

We all have a “what has happened to me” part of our stories in which things don’t work out like we planned, expected or wanted. I confess, it’s easy for these hard things to rob me of my joy. But it always lifts my spirits to remember this: In the darkest moments of my life, I’m able to shine brightest for Jesus. Thank you for the opportunity in the middle of my bad news to point the people in my life to His incredibly good news. Help me witness instead of whine, speaking more about His sufficiency than my suffering. I rejoice today as I ask You to advance the gospel through the hard places of my life.

In Jesus’ Name. Amen.

#### REFLECTION QUESTIONS...

*How does God turn dark moments in life into great opportunities to shine bright for Jesus?*

*How can you use the hard thing in your life right now to witness instead of whine?*



## JOY FOR BREAKFAST

### DAY FIVE

*Some indeed preach Christ from envy and rivalry, but others from good will. The latter do it out of love, knowing that I am put here for the defense of the gospel. The former proclaim Christ out of selfish ambition, not sincerely but thinking to afflict me in my imprisonment. What then? Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice.*

– Philippians 1:15-18 (ESV Bible)

Heavenly Father,

As I look around me and look inside me, I am reminded today that there are no perfect people. I confess that even on my best days, I often do wrong things for right reasons and right things for wrong reasons. This causes me to sorrow. But then I am also reminded that You redeem, transform and work through imperfect people. This causes me to rejoice! You take our impure motives, our wrong attitudes and our misguided attempts ... and You use them to make Christ known so that lives are changed for good. While I pray You continue making me into who I should be, I rejoice that You work through who I am right now.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How is God at work through your life during this current season despite your sins?*

*What sins do you need to confess and strive by grace to overcome?*

## JOY FOR BREAKFAST

### DAY SIX

*Yes, and I will rejoice, for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance.*

– Philippians 1:18b-19 (ESV Bible)

Heavenly Father,

Whether I'm at the start, middle or end of the story that I'm in, I know how it is going to turn out when the final scene plays out. You will deliver me. Even now You are working through the prayers of Your people and the presence of Your Spirit so that the purpose of Your Will is accomplished. You have a good reason for and will bring a good result from everything You allow into my life. I admit I prefer quicker, easier resolutions. Help me trust that in Your way and Your timing, You will get me away from or get me through every trial. I rejoice knowing You are working for my deliverance while I am waiting for it.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*When have you see God work a bad situation out for your good in the past?  
In what area do you need to more fully trust Him today as you wait for deliverance?*

## JOY FOR BREAKFAST

### DAY SEVEN

*As it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.*

– Philippians 1:20 (ESV Bible)

Heavenly Father,

In some ways, my life is like a trial where I have been summoned to give a defense of the gospel. People are looking at me and listening to me, as I go through highs and lows, to see what I will do and what I will say in response. May they see Jesus being honored in me through the hope and happiness I have in Him! More than a team I cheer for, a resource I rely on, or positivity I turn to, help me to be a joyful and faithful witness for Christ. Though I confess I often fall short in this, even my failures end in rejoicing as I testify to His unfailing love and grace. Thank You for the privilege of telling others how so, so good He is to me.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What is currently happening in the platforms (home, work, play, etc.) God has given to you?*

*What can you talk about today related to those events to tell of His unfailing love and grace?*

## JOY FOR BREAKFAST

### DAY EIGHT

*For to me to live is Christ, and to die is gain. If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better.*

– Philippians 1:21-23 (ESV Bible)

Heavenly Father,

There are many good things in my life and many good things I can do with my life. I thank You for blessing me with family and friends, experiences and adventures, mission and purpose. But I also ask You to forgive me for the times I live as if this life is all there is instead of living for the one to come. Dying is not loss; it is gain! Joy fills my heart at the promises You have made me. Mine is an eternity with Jesus where bad things will be eliminated, good things will be perfected and the best things will be unveiled. Help me to live each day longing for heaven and knowing that to be with Jesus there is far better.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What are some good things God has brought into your life to enjoy and steward?*

*What can you do today to rightly use them knowing what comes later will be even better?*

## JOY FOR BREAKFAST

### DAY NINE

*But to remain in the flesh is more necessary on your account. Convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again.*

– Philippians 1:24-26 (ESV Bible)

Heavenly Father,

I exist to know Jesus and make Him known so that You are honored in us and we are happy in You. My life here is not yet over because my work here is not yet over. Thank You for giving meaning and purpose to what I do in the everyday moments of life as You work through me to help others take the next step in their spiritual journey with Jesus. I confess I get distracted and discouraged in living with real purpose and need your daily help to continue. Help me overcome the busyness, selfishness and seeming ineffectiveness of my life to do what I am here to do... help others know, follow, enjoy and glorify You.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What do you think is the purpose for which God made you and chose you?*

*How can you specifically live out that purpose today ... tomorrow ... and every day?*

## JOY FOR BREAKFAST

### DAY TEN

*Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel.*

– Philippians 1:27 (ESV Bible)

Heavenly Father,

You are worthy to be praised for many reasons, one of which is because You help me live in a manner worthy of the gospel. You give me saving faith to believe in Jesus, and You give me transforming power to be like Jesus. I have His example. I have His teaching. I have His promises. I have His Spirit. Yet, I confess that I am inconsistent and imperfect in living like Him. Still, I rejoice today knowing You will give grace that forgives me when I get it wrong and grace that enables me to get it right. Help me to long for and look to scripture, not culture, for how I am to live as a citizen of heaven while still on earth.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God enable you by grace to live in a manner worthy of the gospel?  
In what area of your life do you most need today to ignore culture and look to Scripture?*

## JOY FOR BREAKFAST

### DAY ELEVEN

*So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.*

– Philippians 2:1-4 (ESV Bible)

Heavenly Father,

My default orientation is selfishness. I instinctively think, feel, speak and act with a me-first, me-most attitude. And it's exhausting, frustrating and dissatisfying as I often don't get what I want. Please forgive me and free me to live encouraged in Christ because of this... You have promised to care for me in the future, and You have proven to be faithful in the past. What a glorious, gracious God You are! Because You are looking out for my interests, I can energetically, purposefully and joyfully be unselfish with the people in my life. Today, reorient me to see all I have in Jesus and to share all I have with others.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What has God done in the past to prove He will faithfully take care of you always?*

*Whose interests do you need to humbly and sacrificially look out for today?*

## JOY FOR BREAKFAST

### DAY TWELVE

*Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

– Philippians 2:5-11 (ESV Bible)

Heavenly Father,

Everything I am, everything I do and everything I have that is good is mine because Jesus paid for it on the cross. I deserve judgement and am given mercy. I deserve hell and am given heaven. I deserve nothing good and am given everything. Let me begin, continue and end with gladhearted praise for Jesus! Indeed, to be empty of self and full of Him is the key to my joy. Give me the attitude that is made observable, made desirable and made possible in the incredibly good news of what Jesus has done, is doing and will do for me. A joy-filled attitude that replaces “what about me” with “what about others?”

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What specific blessings and benefits of knowing Jesus do you want to praise God for today?*

*What changes to your attitude toward the people you will see need to be made?*



## JOY FOR BREAKFAST

### DAY THIRTEEN

*Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.*

– Philippians 2:12-13 (ESV Bible)

Heavenly Father,

I am so glad that I am to “work out” my salvation and not “work for” it. It is by Your grace that I get saved, stay saved and am helped to do my part in living as someone who is saved. I praise You for this! Your work precedes my work. Your work motivates my work. Your work empowers my work. This is good news because I need to know You are here to help me get things right today, and You are not going anywhere if I get things wrong today. I confess my ongoing neediness and ask for Your ongoing faithfulness to tell me what to do, give me a desire for the doing, and help me to lovingly do as You say.

In Jesus’ Name. Amen.

#### REFLECTION QUESTIONS...

*How does what God does for us in Christ precede, motivate and empower what we do?*

*What do you think God wants you to do today as He works in you (be specific)?*

## JOY FOR BREAKFAST

### DAY FOURTEEN

*Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.*

– Philippians 2:14-16 (ESV Bible)

Heavenly Father,

Though it isn't always easy, I'm learning that gratitude is the remedy for grumbling. There are things in my life that I don't want and things that aren't in my life that I do want, but the most important thing is that I am a child of God. I confess that I sometimes list my complaints more than I count my blessings. Please forgive me for grumbling and give me an attitude of gratitude for all that is mine in Jesus. What I have instead of what I do not have. Who I am instead of who I am not. What I get to do instead of what I do not get to do. Today, may my life light up the darkness with praise for You, for You are good to me.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How has God equipped and blessed you to "shine as a light" in this world?*

*What things do you need to stop complaining and arguing about today?*

## JOY FOR BREAKFAST

### DAY FIFTEEN

*Even if I am to be poured out as a drink offering upon the sacrificial offering of your faith, I am glad and rejoice with you all. Likewise you also should be glad and rejoice with me.*

– Philippians 2:17-18 (ESV Bible)

Heavenly Father,

The world wants me to pour out my life in pursuit of the wrong things. Things that don't satisfy. Things that don't matter. Things that don't last. And I must confess that I often find myself wasting time on these things that ultimately don't fulfil me or fulfil your purpose for me. So I am grateful for moments like this when I remember that You offer something better. You invite me into a life of joyful service with other believers who are willing to sacrifice because we get to be a part of the most important work in the universe. We give, but we will gain far more. Today, help me to rejoice in doing what I was made to do.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How is what God invites you into far better than what the world offers?*

*What do you think God wants you to do today as He works in you (be specific)?*

## JOY FOR BREAKFAST

### DAY SIXTEEN

*I hope in the Lord Jesus to send Timothy to you soon,  
so that I too may be cheered by news of you.*

– Philippians 2:19 (ESV Bible)

Heavenly Father,

It cheers me up when I learn about how You are at work in and for and through other people. Whether I see it for myself or hear it from someone else, I love the sights and stories of what You are doing to change hearts, situations and lives. I praise You for being so gracious, so powerful, and so wise! No One else can do what You do! There are times, I must confess, that I can get discontent in my own life when I see what You do for others. Forgive me for this and help me to celebrate the unique ways in which You are working for good in all of our lives. No jealousy. No rivalry. Just glory to God for doing great things.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How do you see God at work for good in the lives of people you know?*

*What can you say to other believers to cheer them up at what He is doing for you?*

## JOY FOR BREAKFAST

### DAY SEVENTEEN

*Finally, my brothers, rejoice in the Lord. To write the same things to you is no trouble to me and is safe for you.*

– Philippians 3:1 (ESV Bible)

Heavenly Father,

Sometimes I find myself dealing with bad news, bad situations and bad people, and it would be easy to despair in such moments. But regardless of my circumstances, I can and should rejoice in the person and work of Jesus. I am prone to forget this, so remind me today... He is powerful, wise, gracious, present, loving, holy, worthy and kind. He gives me forgiveness, strength, hope, security, rest, comfort, wisdom, purpose, righteousness and satisfaction. I praise You that although things in my life may go from good to bad and from bad to worse, because of my relationship with Jesus, I can experience life at its very best.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God make it possible to "rejoice" when life is difficult or discouraging?*

*Which of the things listed above about Jesus do you most need to rest in today?*

## JOY FOR BREAKFAST

### DAY EIGHTEEN

*Look out for the dogs, look out for the evildoers, look out for those who mutilate the flesh. For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh.*

– Philippians 3:2-3 (ESV Bible)

Heavenly Father,

It gives me great joy to know that my standing with You, my relationship with You and my eternity with You are fully and forever secure. This isn't because I have earned it by the kind of things I've done. This isn't because I have deserved it by the kind of person I am. My salvation is by grace alone, through faith alone in Christ alone! I boast not in my works, but in His. All that I am, all that I do and all that I have are because Jesus secured it all for me. Hallelujah! Forgive me when I take credit for, add to, work apart from, try to earn or doubt what I have been freely given in Christ. And help me to live confidently in Him.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does it make you feel to know God has freely given salvation to you?*

*What does it look like for you to give Him credit for all you have been given in Christ?*

## JOY FOR BREAKFAST

### DAY NINETEEN

*But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord.*

– Philippians 3:7-8a (ESV Bible)

Heavenly Father,

If I combine all of my prized achievements, possessions, experiences and relationships, they don't come close to the worth of knowing Jesus. I could multiply them a thousand times, and they still wouldn't. But I admit I don't always live like that. There are times when I pursue a lesser thing at the expense of my joy in Jesus. Forgive me for living as if I need or want anything more than Him! Help me to cheerfully fill my life with as many things that stir my affections for Jesus as I can, and empty my life of as many things that rob my affections for Jesus as I can. Thank You for the rich gifts of Your grace that come from knowing Him.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How is knowing God the Son more valuable than all other things combined?*

*What can you fill your life with or empty your life of so you treasure Him more?*

## JOY FOR BREAKFAST

### DAY TWENTY

*But one thing I do: forgetting what lies behind and straining forward to what lies ahead,  
I press on toward the goal for the prize of the upward call of God in Christ Jesus.*

– Philippians 3:13b-14 (ESV Bible)

Heavenly Father,

My past is full of things that could trip me up as I strive by grace to move forward. First, there are bad things that have been done by me and that have been done to me. These can paralyze me with shame and fear and hurt. Second, there are good things that You have done through me. These can lull me into feeling so satisfied that I make little effort to serve more. But, praise God, these things don't have to hold me back! Jesus redeems and heals my past. Jesus empowers and motivates my future. I ask You to help me keep joyfully going toward what lies ahead without being negatively affected by what lies behind.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*What has God forgiven about your past and accomplished through your past?*

*What do you feel He is leading you to in the present and near future?*



## JOY FOR BREAKFAST

### DAY TWENTY-ONE

*But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,  
who will transform our lowly body to be like his glorious body,  
by the power that enables him even to subject all things to himself.*

– Philippians 3:20-21 (ESV Bible)

Heavenly Father,

Though I live here for now, this world is not my home. You have made me for a different world and for a different way of life while I am in this one. Thank You for graciously pursuing me, wooing me, converting me, guiding me, empowering me and bringing me ever closer to heaven, where I am a beloved citizen. I confess I often teeter between getting too focused on this world and too frustrated with this world. Help me instead to keep my eyes, heart and mind on Jesus. For it gives me great joy, hope and purpose to know that He is with me now and He is coming back for me later. I'm not home yet; but I will be soon.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God help you live in this world while you move closer to the next one?*

*What gets too much of your focus or frustration instead of fixing your eyes on Jesus?*

**JOY FOR BREAKFAST**

DAY TWENTY-TWO

*Therefore, my brothers, whom I love and long for, my joy and crown,  
stand firm thus in the Lord, my beloved.*

– Philippians 4:1 (ESV Bible)

Heavenly Father,

It is a joy to see people I know and love remain faithful in following Jesus with a “no retreat, no surrender” perseverance. The joy goes deeper than seeing them continue through highs and lows; it is rooted in knowing that they are faithful because You are faithful. I praise You for never giving up on us, never letting go of us and never walking away from us. Though I confess that I and others often drift, I rejoice that You never let Your children completely drift away. I ask that You help us make it through everything that stands between us and heaven with You by helping us to “stand firm thus in the Lord.”

In Jesus’ Name. Amen.

REFLECTION QUESTIONS...

*How does God being faithful to you ultimately keep you faithful to Him?*

*Where have you found yourself drifting lately (that you need His help to stand firm)?*

**JOY FOR BREAKFAST**

DAY TWENTY-THREE

*I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.*

– Philippians 4:2-3 (ESV Bible)

Heavenly Father,

While we will enjoy perfect fellowship with each other in heaven, this is not always the case on earth. There are many disagreements and differences among us that rob us of our harmony and happiness in Christ. Conflict is a barrier to joy. I admit my own personal preferences, feelings, attitudes, words and actions are often at odds with those of the people in my life. I am grateful to You that when this happens, the gospel sets us free to set aside our differences by setting our sights on what we have in common in Jesus. Today, I ask for Your help to be at peace with others and to be a peace maker between others.

In Jesus' Name. Amen.

REFLECTION QUESTIONS...

*How have you seen God make peace between you and Him, and between you and others?*

*Who do you need to settle a disagreement and restore fellowship with?*

*JOY FOR BREAKFAST*

DAY TWENTY-FOUR

*Rejoice in the Lord always; again I will say, rejoice.*

– Philippians 4:4 (ESV Bible)

Heavenly Father,

There are many times I feel discouraged, angry or sad about things in this broken world. But there is one thing I always count on to lift my spirits: joy in Jesus. You are so pro-joy for me that You command me to always be happy in Christ! That means... Joy in Jesus is always available. Joy in Jesus is always possible. Joy in Jesus is always incredible. Though I confess I often let bad things get me down, I praise You that I have the immeasurably good thing of knowing Jesus that always raises me back up. Help me today to actively, deliberately be glad for who Jesus is to me and what Jesus does for me. For to rejoice is a choice.

In Jesus' Name. Amen.

REFLECTION QUESTION...

*How does God make "rejoicing in the Lord" possible even in this broken world?*

*What thing in your life have you been letting get you down that you need to let go of?*

## JOY FOR BREAKFAST

### DAY TWENTY-FIVE

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

– Philippians 4:6-7 (ESV Bible)

Heavenly Father,

Let me start with the obvious: I worry about things. Whether it's a health, financial, relationship or some other issue, there are a lot of "anythings" I get anxious about. I repent of this and ask for help to stop worrying and start praying. For You have graciously told me to talk with You about what is bothering me. You are capable. You are caring. You are close. Thank You for guarding my heart and mind in Christ! It gives me great peace and joy that there is no request so small You do not care about it and no request so big You cannot handle it. So let me end with the obvious: You are greater than the things I worry about.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God guard our hearts and minds with His peace when we talk to Him about our troubles?*

*What specific worry do you need to mention as you make your requests known to God today?*

## JOY FOR BREAKFAST

### DAY TWENTY-SIX

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

– Philippians 4:8 (ESV Bible)

Heavenly Father,

Countless things will enter my mind and guide my life today. Some good, some bad. Some right, some wrong. Some pure, some dirty. Some humble, some prideful. Some compassionate, some judgmental. Some uplifting, some despairing. Left to myself, I will dwell on things that ultimately harm, not help. So, I ask You to change my thinking today. Give me a clarity of mind that focuses on godly thoughts and dismisses ungodly ones so You get more glory and I get more joy. Most of all, help me to think like and think about Jesus. For the more I think in that way, the more it changes how I think in every way.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God change your thinking as you think more about Him, His Ways and His Promises?*

*What kinds of unhealthy, ungodly thoughts are on your mind today that you need to replace?*

*JOY FOR BREAKFAST*

DAY TWENTY-SEVEN

*What you have learned and received and heard and seen in me—practice these things,  
and the God of peace will be with you.*

– Philippians 4:9 (ESV Bible)

Heavenly Father,

My heart is full of joy and gratitude when I think of the people You have used to shape my life and for the people you have used my life to shape. Thank you for those who are farther along in their spiritual journey than I am who I can follow as an example. Thank you for those that I am farther along in my spiritual journey than they are who I can lead as an example. Listen. Look. Learn. Live. Lead. So beautiful, and yet I confess that I can make this so ugly in practice. Please forgive me! My three-fold prayer continues to be... Help me to follow others. Help others to follow me. Help us all to follow Jesus.

In Jesus' Name. Amen.

REFLECTION QUESTIONS...

*Who has God put into your life for you to learn from and for you to lead?*

*What do you need to do on a regular basis (daily, weekly, etc.) in these relationships?*

**JOY FOR BREAKFAST**

**DAY TWENTY-EIGHT**

*I rejoiced in the Lord greatly that now at length you have revived your concern for me.*

*You were indeed concerned for me, but you had no opportunity.*

– Philippians 4:10 (ESV Bible)

Heavenly Father,

You deserve credit for the good others do for me. Yes, I rejoice in people. Yes, I rejoice in the good that people do for me. But, most of all, I rejoice in the God Who sends people to do good for me. I praise You today for every act of care and concern You lead others to do. An encouraging comment. A regular check-in. A loving rebuke. An act of kindness. A thoughtful gift. A helping hand. A show of support. A gospel reminder. Forgive me when I overlook Your hand at work through their hands. Help me to see that it is You Who routinely takes care of me through the care of the people You send to me.

In Jesus' Name. Amen.

**REFLECTION QUESTIONS...**

*Who has God recently sent to do good to you and what did they do?*

*How can you learn to recognize more clearly the good He does to you through others?*



## JOY FOR BREAKFAST

### DAY TWENTY-NINE

*Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.*

– Philippians 4:11-13 (ESV Bible)

Heavenly Father,

I praise You for the life-giving power that is supplied to me in Jesus. Because of Him, I am able to live with contentment as I live out Your will for my life. Whether I have much or little. Whether it's a good time or a bad time. Whether the path is easy or hard. Though I must confess I don't always do it, I am learning to be more dependent on Jesus in more areas of my life. For this, I need Your grace. Contentment is the fruit of looking beyond situations, possessions, relationships, achievements and experiences to look at all that is mine in my Savior. So, help me today to be content in every circumstance because I am content in Christ.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How does God make you content in ways that nothing else can?*

*What distractions do you need to look beyond to be satisfied by all that is yours in Jesus?*

## JOY FOR BREAKFAST

### DAY THIRTY

*And my God will supply every need of yours according to his riches in glory in Christ Jesus.*

– Philippians 4:19 (ESV Bible)

Heavenly Father,

You are a gracious and generous God Who always gives me what I need, when I need it. Not maybe or probably, but definitely every time. Not some or most, but absolutely every need. This comes from the riches found in Christ, which means this comes through... His sovereign control. His vast resources. His infinite wisdom. His loving heart. His atoning work. His gracious care. His trustworthy promise. My heart is happy when I think of how gracious and generous You are to me! Forgive me when I forget Who I belong to and help me to remember that my Father really will supply everything I really do need.

In Jesus' Name. Amen.

#### REFLECTION QUESTIONS...

*How have you seen God sovereignly supply needs for you in the past?*

*What are your current needs in the present that you are confident He will meet?*

*JOY FOR BREAKFAST*

DAY THIRTY-ONE

*To our God and Father be glory forever and ever. Amen.*

– Philippians 4:20 (ESV Bible)

Heavenly Father,

There is a reason I thank God upon every remembrance of others. There is a reason I am to rejoice in the Lord always. There is a reason I can do all things through Christ. And that is to glorify You in every moment of remembrance of what You do and in every moment of rejoicing in Who You are. You deserve the credit for You do great things. You deserve the praise for You are a great God. The celebration of good things in my life, the joy of Your presence in my life and the contentment that is available in my life are all owing to You. Forgive me when I forget. Rekindle my rejoicing. To You be glory forever and ever.

In Jesus' Name. Amen.

REFLECTION QUESTIONS...

*Why is God worthy of glory forever and ever?*

*What would you like to praise Him for right now?*

## Connecting With Me

If you have questions about any of the enclosed material, or if you have any other questions about life with Jesus, please reach out to me by using the *Contact* form at the bottom of the page at *JimmyBrown.com* (making sure you enter your email address correctly). I will personally reply back to you, usually within 24 hours (excluding holidays or weekends).

*NOTE: There are a number of free resources available at [www.JimmyBrown.com](http://www.JimmyBrown.com), and I regularly add more to the site. Check back often for additional materials to access at no cost.*

### Other Connections

- Social media (personal page): [www.Facebook.com/thejimmydbrown/](http://www.Facebook.com/thejimmydbrown/)
- Daily devotions: [www.FinishLineFaith.com](http://www.FinishLineFaith.com) or [www.Facebook.com/FinishLineFaith/](http://www.Facebook.com/FinishLineFaith/)
- Travel / mission vlog (with my wife, Paula): [www.TheMissionAmerica.com](http://www.TheMissionAmerica.com)

*If this resource has been helpful to you, please reach out and let me know.  
And please pass this document on to other people who may, by the grace of God, be helped too.*