

# The Training Room Method

**Read | Observe | Interpret | Apply**

*Philippians 1:18B-26 | "Testimony"*

## 1. Read

"Yes, and I will rejoice, <sup>19</sup> for I know that <sup>f</sup>through your prayers and <sup>g</sup>the help of <sup>h</sup>the Spirit of Jesus Christ this will turn out for my deliverance, <sup>20</sup> as it is my eager expectation and hope <sup>i</sup>that I will not be at all ashamed, but that with full <sup>j</sup>courage now as always Christ <sup>k</sup>will be honored in my body, <sup>l</sup>whether by life or by death. <sup>21</sup> For to me <sup>m</sup>to live is Christ, and to die is gain. <sup>22</sup> If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. <sup>23</sup> <sup>n</sup>I am hard pressed between the two. My desire is <sup>o</sup>to depart and <sup>p</sup>be with Christ, for that is far better. <sup>24</sup> But to remain in the flesh is more necessary on your account. <sup>25</sup> <sup>q</sup>Convinced of this, <sup>r</sup>I know that I will remain and continue with you all, for your <sup>s</sup>progress and <sup>t</sup>joy in the faith, <sup>26</sup> so that in me <sup>u</sup>you may have ample cause to glory in Christ Jesus, because of my coming to you again."

## 2. Observation

What do I see?

## 3. Interpretation

What is the point?

## 4. Application

What is my response?