



Philippians 4:1-9

November 15, 2020

“I press on toward the goal for the prize of the upward call of God in Christ Jesus.” Philippians 3:14

Begin with prayer. “Open my eyes, that I may behold wondrous things out of your law” (Psalm 119:18).

In Philippians 4, Paul addresses several common problems Christians face and provides practical advice.

In the Lord

Read Philippians 4:1-4:

¹ Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

² I entreat Euodia and I entreat Syntyche to agree in the Lord. ³ 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. ⁴ Rejoice in the Lord always; again I will say, rejoice.

[Q] List three things Paul says to do “in the Lord”:

[Q] When in conflict with a brother or sister in Christ, how does it help to remember that we’re “in the Lord” (verses 1, 2, 4)? How does resolving conflicts together help us to stand firm?

We need this reminder... Our strength isn’t in how long we’ve been Christians, how much we know about the Bible, or how many mission trips we’ve been on. Our strength for standing firm is in our union with Christ. — *Christ-Centered Exposition Commentary: Exalting Jesus in Philippians* by Tony Merida

[Q] What does it mean that Euodia and Syntyche have their names “in the book of life”? Read Revelation 20:11-15; 21:27. See also Revelation 3:5.

No Worries

Read Philippians 4:5-7:

⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

“Reasonableness is crucial for maintaining community; it is the disposition that seeks what is best for everyone and not just for oneself.” — *ESV Study Bible note*

[The] Greek word for “reasonableness” (ESV), “graciousness” (HCSB), or “gentleness” (NIV) isn’t easy to translate. Having a “gentle forbearance with others” gets at the idea. — *Exalting Jesus in Philipians*

[Q] Sometimes emotional reactions to difficult circumstances cause us to be unreasonable. Are you known for being reasonable? Why or why not? How could remembering that “the Lord is at hand” (v. 5) make us more reasonable with others?

[Q] Have you experienced God’s peace when turning to Him with requests and thanksgiving? Please explain.

[Q] What kind of things worry you lately? Are they big things or small things? Write these things down.

Pray now about those things. Tell the Lord you trust Him to look after them. Ask Him to change your circumstances, but also to change your heart. Thank Him that He is in charge of all things, and that you are in His powerful and good hands. And leave the worries with Him when you’ve finished!

[Q] What do you have to be thankful to God about today? Write these things down and tell Him.

Think

Read Philippians 4:8-9:

⁸ 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. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you

[Q] Weigh each of the words in verse 8 carefully. What specific things can you think of that fit each kind of thought that Paul is encouraging in us? What are the opposites of each of these?

[Q] Which kind of bad thinking do you find easiest to slip into? Can you work out why this is?

[Q] What do you need to practice (v. 9) this week in order to obey verse 8? Be specific.