



## **PHILIPPIANS 4**

Tensions will always occur among people and there are no exceptions for those within the church. What are the typical causes of tension between you and others?

What are some principles that you have recognized from the letter to the Philippians that will help keep conflict to a minimum in our church? (*Quickly glance through your Bible*)

### ***Philippians 4:2-3 (NIV)***

*I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. <sup>3</sup> Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.*

Why do think Euodia and Syntyche have not been able to resolve their differences up to this point?

What are some ways the other church members could help them resolve the conflict?

How can you become a peacemaker without getting caught up in the argument?

### ***Philippians 4:4-7 (NIV)***

*Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*



The reason we become tense is because we are anxious about some issue. We feel we “need” things to go a certain way in order for life to run properly and for us to feel good. How do the above verses counter that thinking?

Do you have some stories to share about how you have seen this scripture passage actually work in your life?

***Philippians 4:8-9 (NIV)***

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you.*

**Many of our life issues are determined by what we choose to focus on.  
What are some things you have focused on in the past that have kept you from experiencing peace?**

**Paul says to focus on things that are noble, right, pure, lovely, admirable and praiseworthy. Interestingly, those terms actually describe the character of Jesus himself. If we want to be like Jesus we must begin to think like Jesus, act like Jesus and accept into our thoughts only those things that move us in that direction.**

**What are some things we should be cautious about putting into our minds?**

**How might some of these things remove our peace?**



**Philippians 4:10-13 (NIV)**

*I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> **I can do everything through him who gives me strength.***

The bolded phrase has often been used out of context to say that in Christ we can do anything and everything, that nothing is beyond our capability. But is that really what Paul is saying? What is the real context of this phrase?

What was Paul's secret to contentment?

Are you able to go through whatever circumstances God allows you to experience this week and be content?

Are you able to go through this week without complaining or arguing about anything?

What challenges will you face in reaching your goal?

How can you prepare in advance to be content?



<b>Old Testament (39 books)</b>		
<b>History (17)</b>	<b>Poetry (5)</b>	<b>Prophecy (17)</b>
<b>The Law (5) Pentateuch</b>	Job Psalms Proverbs Ecclesiastes Song of Songs	<b>Major Prophets (5) Large</b>
Genesis Exodus Leviticus Numbers Deuteronomy		Isaiah Jeremiah Lamentations Ezekiel Daniel
<b>Other Historical books (12)</b>		<b>Minor Prophets (12) Small</b>
Joshua Judges Ruth 1 Samuel 2 Samuel 1 Kings 2 Kings 1 Chronicles 2 Chronicles Ezra Nehemiah Esther		Hosea Joel Amos Obadiah Jonah Micah Nahum Habakkuk Zephaniah Haggai Zechariah Malachi

This week we encourage you to memorize the twelve Minor Prophets.

### **HOSEA – MALACHI**

The Minor Prophets are only called minor because of their shorter length, not because they are less significant. This is the hardest section to memorize, partly because it is a list of unfamiliar names and partly because we tend not to spend as much time in these books. Yet they have a very significant role to play.

- Hosea:** A prophet's divorce and remarriage serves as a metaphor of God's judgement and reconciliation.
- Joel:** God's judgment on Israel and the future day of judgment and restoration.
- Amos:** God's judgment on nations surrounding Israel, spiralling inward to Israel itself. Once again the message closes with a message of hope of restoration.
- Obadiah:** Judgment on the nation of Edom (descendents of Esau, Jacob's brother) who did not look out for their brothers when Jerusalem fell.
- Jonah:** Story of God's incredible mercy and Jonah's struggle with grace.
- Micah:** Judgment against Israel and Judah for their corruption and promise of future restoration.
- Nahum:** 125 years after Jonah, Nineveh returns to its old evil patterns. God says enough.



- Habakkuk:** Habakkuk questions why God isn't dealing with the evil in Israel. God reveals how he will use Babylon to punish Israel. Habakkuk questions how God can use a more evil nation to punish a less evil one. Habakkuk learns something about God's sovereignty.
- Zephaniah:** God's coming judgment on the nations with the promised hope of reserving a people for himself called the Remnant.
- Haggai:** After exile, the Jews start to rebuild the temple. Work is interrupted because they stop to focus on their own homes. Because they stopped putting God first, they stopped experiencing God's blessing in the land. God calls them to return to him and rebuild the temple as a priority in their lives.
- Zechariah:** Zechariah encourages the rebuilding of the temple and relates it to the coming Messiah and future Kingdom of God.
- Malachi:** At the end of the Old Testament spirituality has waned and religiosity prevails over relationship with God. As a result the Jews are missing out on God's blessing and will face God's coming judgment. The prophesy ends with the promised return of Elijah to call people back to God. (Fulfilled by John the Baptist)



*Do not merely listen to the word, and so deceive yourselves. Do what it says. James 1:22 (NIV)*

<b>PASSAGE</b>	<b>THOUGHTS TO CONSIDER</b>	<b>APPLY 1 POINT TODAY</b>
<p><b>DAY 1</b></p> <p>Re-read Philippians in one sitting to put it all together.</p>		<p>In what way can this passage change my life if I apply what it says? What is one thing I can do differently today as a result of this passage?</p> <p>How might some concepts in this passage tackle the issue of tensions among people in a church setting?</p>

In the space below write out the 12 Minor Prophets of the Bible.

- H** \_\_\_\_\_
- J** \_\_\_\_\_
- A** \_\_\_\_\_
- O** \_\_\_\_\_
- J** \_\_\_\_\_
- M** \_\_\_\_\_
- N** \_\_\_\_\_
- H** \_\_\_\_\_
- Z** \_\_\_\_\_
- H** \_\_\_\_\_
- Z** \_\_\_\_\_
- M** \_\_\_\_\_



**Day 2-5**

Over the next 4 days, memorize and meditate on the following verses.  
Each day, try to focus on one specific phrase and reflect on how you can apply it to your life.

***Philippians 4:4-7 (NIV)***

*Rejoice in the Lord always. I will say it again: Rejoice!*

*<sup>5</sup> Let your gentleness be evident to all. The Lord is near.*

*<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

*<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Continually review the minor prophets of the Old Testament.  
On Days 4 & 5 review all the Old Testament books on the following page.

- H** \_\_\_\_\_
- J** \_\_\_\_\_
- A** \_\_\_\_\_
- O** \_\_\_\_\_
- J** \_\_\_\_\_
- M** \_\_\_\_\_
- N** \_\_\_\_\_
- H** \_\_\_\_\_
- Z** \_\_\_\_\_
- H** \_\_\_\_\_
- Z** \_\_\_\_\_
- M** \_\_\_\_\_

