



BIBLE TEXT | PHILIPPIANS 4:2-9

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. **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. **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.

DEVOTIONAL FOR PHILIPPIANS 4:2-9

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"Rejoice in the Lord always. I will say it again: Rejoice!" (verse 4) This is the verse that caught my attention the most when first reading this chapter. The importance of the word rejoice is so obvious, yet it can be unknown by so many. Gotquestions.org said Philippians could also be called, "Resources Through Suffering," and gave chapter 4 the title of, "Christ the Christian's Strength: Rejoicing Through Anxiety".

Anxiety is no stranger to most. We are told to, "Cast all your anxiety on him because he cares for you" (1 Peter 5:7). So simple. Yet, when lacking trust and faith, it is easier said than done. Paul, in what some may call a situation that is far from joyous, shines brightest of all in the fact that he has full joy in spite of his situation because of his trust and faith in Christ. As I compare all of my thought struggles to Paul's struggles, I feel very foolish. Paul tells us to not be



anxious, but in everything pray and petition to God, giving thanks (verse 6). David Guzik says that this verse is “a command, not an option. Undue care is an intrusion into an arena that belongs to God alone. It makes us the father of the household instead of being a child.” We are to be humble and not prideful. To not be stingy with our anxieties, thinking that we can handle them alone. 1 Peter 5:6 says, “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.” Praying with specific petitions and giving thanks to God for his sacrifice in Christ opens the door for Him to make changes. He is the only one who can truly change things, giving “the peace of God” that will “guard your hearts and your minds” (verse 7).

Paul then reminds us to imitate him by saying, “Whatever you have learned from me, put it into practice. And the God of peace will be with you” (verse 9). When you truly accept the fact that God is the only one who can change things and give your struggles and anxieties over to him, never trying to pick them and their burden back up, you will find HIS peace. In that, you can rejoice!

Questions:

1. How do you rejoice in the Lord?
2. Are you being humble and submitting as His child, or trying to take on the role of the Father? In what areas could you improve?
3. Do you know His peace? If not, reach out to your Journey Group or share with your trusted community.