



Philippians #10 – “Rejoice”

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.

Philippians 4:4-7

ENGAGE: Based on the last week, would those who know me best describe me as someone who rejoices? Why?

Definitions of Peace:

1) “Freedom from disturbance; quiet and tranquility” (New Oxford American Dictionary)

2) OT - שלום *Shalom* – “to complete, make sound”

NT - ειρήνη *eirene* – peace, harmony; order (opposite disorder)

INTRO: Peace is not the path of least resistance or the absence of conflict. Peace is the Presence of Jesus in our lives. (Isaiah 26:3; Romans 16:20; John 16:33)

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. – Isaiah 26:3

The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you. – Romans 16:20

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” – John 16:33

1.) Be at peace with God (v.4, c.f. Acts 16:16-40)

Therefore, since we have been justified by faith, we have peace with God through our Lord...

Romans 5:1

“About midnight Paul and Silas were praying and singing hymns to God, and the others prisoners were listening to them.”

Acts 16:25

2.) Enjoy the peace of God (vv.5-7)

“Notice what Paul says about rejoicing. He doesn't say, ‘Rejoice when your circumstances are going well.’ He says, ‘Rejoice *in the LORD* always’ (emphasis added).

– Tony Merida & Francis Chan

3.) Practice peace (vv.8-9)

Thoughts (v.8)

Examples (v.9)

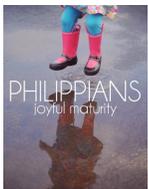
Actions (vv.5, 9)

Meditations (v.8)

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. – Ephesians 4:15-16

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes”
- Charles R. Swindoll

Bottom Line: We are invited to rejoice in God's peace.



Discussion Questions

We believe that spiritual growth happens best in circles. Life groups provide a safe and encouraging environment to experience authentic Christian community, to love one another, grow faith, and discover the life-giving truth of God's Word.

Groups are meeting in person and online. Connect to a life group by talking to a Life Group Leader, one of the pastors, or by visiting WaipunaChapel.com

Engage with these questions in your life group or with a friend or family member.

Read Philippians 4:4-9:

- 1.) **What examples of peace and rejoicing have I seen that have impacted me?**
- 2.) **One way to translate Philippians 4:5 "reasonableness" is "having a gentle forbearance with others." Who has modeled this for me? What biblical examples can I think of that show this type of reasonableness?**
- 3.) **Am I at peace with God according to Romans 5:1? How does this play out?**
- 4.) **Grow your prayer life: Challenge yourself to grow in one type of prayer from Philippians 4:6. Share this challenge with a friend.**
- 5.) **How can I better practice the peace of God this week? Today?**
- 6.) **How is God leading me to think about excellent and praiseworthy things? What thoughts do I need to "take captive" (2 Corinthians 10:5)? How?**
- 7.) **Who is following the example of my life? How is this playing out?**
- 8.) **How am I doing in the discipline of spending unhurried, unhindered time with God? Do I know the peace that comes from being in God's presence?**
- 9.) **We are invited to rejoice in God's peace. How are we doing with this? What would happen if I and others in God's church lived lives of constant rejoicing?**
- 10.) **Pray through some truth that jumps out in Philippians 4:4-9 together.**

Sources:

JD Greear, *Not God Enough: Why Your Small God Leads to Big Problems*. Zondervan, 2018.

Tony Merida & Francis Chan, *Exalting Jesus In Philippians*. BHPublishingGroup.com

James Strong, *A Concise Dictionary of the Words in the Greek Testament and The Hebrew Bible*. Bellingham, WA: Logos Bible Software, 2009.

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