

# Philippians Study Week 8

## Philippians 4:1-9

If there was a chapter in the Bible that was written for our current reality... Philippians 4 is it! Paul tells them, and us, to stand firm and stay true to the Lord, and keep your eyes focused on Jesus. He encourages us to rejoice, be gentle and be anxious for nothing. He challenges us to always pray and give thanks for and in every situation. And finally in verse 9 he instructs us to put into practice all we have learned, and when we do this, the peace of God will be with us. You want peace? Live like Jesus.

**\*\*\*Read Philippians 4:1-9\*\*\***

### **REJOICE**

Starting in verse 1, Paul encourages us to stay true or stand firm in the Lord. How do we do this? The way we stay true is to keep our eyes on Jesus. We must remember that this world is not our home, we are residents of Heaven. We must surround ourselves with people who love and follow Jesus and serve our families, communities and neighborhoods well.

- **What does it mean to stand firm or stay true in the Lord? What practice steps can you take to make sure you live this out? In what settings do you find it hardest to live out your faith?**
  - Read the following verses and discuss how they are related
    - Philippians 3:20-21
    - 1 Peter 2:21
    - 1 Corinthians 11:1
    - John 13:13-17
    - John 14:15
    - Titus 3:1-8

**Read Philippians 4:2-3**

Notice Paul is not addressing a doctrinal error, but he is addressing relationship problems... anybody have those? These two ladies had worked in the church, done so much good, yet their relationship was fractured. Paul knew the issues between them were serious, why? Because many people became believers in Jesus through their work and had many followers. Paul knew that their broken relationship would cause divisions within those around them. For us, there is no excuse to have unresolved issues between those around us. It is possible to work hard, see lives changed, and believe in Jesus, yet have broken relationships with those doing the same work.

- **Who do you need to repair a relationship with? Who in your life do you have unresolved issues with? What is stopping you from reconciling?**
  - Read the following verses and discuss how they apply
    - Colossians 3:13
    - Ephesians 4:32
    - Hebrews 12:14
    - 2 Corinthians 5:18

### **Read Philippians 4:4-5**

Remember where Paul was as he was writing this letter... In prison! Why would somebody who was going through so much be encouraging us to be full of joy and to rejoice! I would do the opposite in that situation, I'd whine, complain and cry! But Paul's emotional state teaches us something very important, what's happening on the outside does not have to change how we feel on the inside. He showed us that our outward circumstances can't touch what Jesus is doing in our hearts and lives. He was confident that no matter what happened to him, Jesus would never leave him or forsake him!

- **What outward circumstances in your life is causing you to have poor attitudes? What in your life is causing you to pull your focus away from Jesus? Talk about a time where everything was falling apart, but you remained at peace because Jesus was with you.**
  - Read the following verses and discuss how they apply
    - Romans 5:3
    - Romans 12:15
    - Isaiah 61:10
    - Isaiah 65:18

- Hebrews 10:37
- James 5:8
- Real joy only comes from one thing... Jesus in us changing everything about us. And when Paul tells us that the Lord is coming soon, it's a reminder that we need to share the good news of the Gospel, the news of the ultimate and everlasting joy we will have in Heaven.

### **Read Philippians 4:6-7**

Imagine a life where you did not worry about anything. Imagine a life where you had no stress about the unknown or anxiousness about the things happening around us. This may seem like an impossible reality, but Paul teaches us how to live like this. Turn your worry into prayers, your anxiety into conversations with God. What if instead of worrying about your finances you began to pray about them? What if when you started to feel anxious about your job and your coworkers, you began to pray for them. Pray more and worry less. Everytime worry or anxiety creeps in, counter them with prayer and believe God will work in and through your situation.

- **Do you struggle with worry and anxiety? If so, describe. When you experience worry, what typically do you do first? Describe your prayer life, how often are you talking with God?**
  - Read the following verses and discuss how they apply
    - Matthew 6:25
    - Ephesians 6:18
    - 1 Timothy 2:1
    - 1 Timothy 5:5
    - Isaiah 26:3
      - Church, remember there is a big difference between the world's peace and God's peace. The world promotes positive thinking, the absence of problems and doing things that make you feel good. God's peace is rooted in the fact that God is in control and that He will never leave you or forsake you. It's rooted in the fact the battle has already been won, and we know our final destination... Heaven. We must let God's peace guard our hearts against worry and anxiety.
    - John 14:27

- Colossians 3:15
- 1 Peter 1:5
- 2 Corinthians 10:5

### **Read Philippians 4:8-9**

Verse 8 is so important... what we think about, we become. What we fill our heads and our hearts with will determine what comes out of our mouths and our actions. What does Paul tell us to focus on, things that are: true, honorable, right, pure, lovely, admirable, excellent and worthy of praise. We must take great caution about what we let into our hearts and minds. This means taking inventory of what we watch on TV or movies, what we listen to and what we read. It also means we must be mindful of the words coming out of our mouths and the conversations we are having with others. If you struggle with this, ask God to help show you those things that are harmful and to help replace them with things that are good.

- **What do you spend your time thinking about? What do you spend your time watching? What do you spend your time listening to? Think about your yesterday, did you think about what Paul said or things of the world?**
  - Read the following verses and discuss how they relate.
    - Romans 14:8
    - 1 Peter 2:12
    - Colossians 3:1-4
    - Matthew 16:23
    - Romans 12:1
    - Acts 1:8
    - Romans 8:6-8
    - Romans 12:2
    - Romans 15:33
  - Hearing and knowing the word of God is one thing, but it is another to put it into practice. How often do we hear a sermon or a good bible verse, and totally forget what it said? How easy is it to read the Bible, go to church and not even live like Jesus lived? How often have we read a verse or sent one to somebody else, and we do not even live out what it says? Reading God's word is one thing, it must lead to obedience.