

A Study in Philippians – Teacher’s Notes

Lesson Five – Philippians Chapter Four

I. v 1-3

Stand firm in the Lord – no wavering, doubting, full of faith, full of virtue

Euodia and Syntyche – as fellow workers their loyalty to each other should be based on their loyalty to God.

II. v 4-7

Rejoice in the Lord – Paul wants them to know that joy has nothing to do with material things or outward circumstances.

Forbearing spirit – Extend love and justice to one another. Have patience, forgiveness and mercy. Forbear with one another because Christ is coming back and none of us deserve anything but justice, but we will receive mercy. These two women are encouraged to forbear with each other.

Be anxious for nothing - ...and the peace of God shall guard your hearts and your minds in Christ Jesus.

How do we overcome anxiety?

- 1) **Pray** – this is the word used for general prayer. To pray would be to turn your attention toward God. Look at Him for who He is.

Hebrews 11:6 “And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.”

Who is God? Creator, Sovereign King, Lord of Lords. He is all-powerful and good.

2) **Supplicate** – tell God specifically what your need or problem is and request His help.

Prov 3:5-6 Trust His answer when it comes.

How not to ask:

James 4:2-3 “You do not have because you do not ask. You ask and you do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.” (neglecting asking, asking with wrong motives)

James 1:5-8 “Ask in faith without any doubting.” (without any doubting)

3) **Thanksgiving** – Faith enables us to give thanks before the answer comes.

Peace of Mind – comes from having hearts of faith, by praying, by guarding our hearts and minds.

III. v 8-9

Our minds will always be thinking on something. So we need to set our minds on the right things. The wrong things in our minds will lead us to fear, anxiety, sin, resentment, bitterness, etc.

Prov 4: 23 “Watch over your heart with all diligence. For from it flow the springs of life.” If we store up good things in our minds, our words and actions will also be good.

Matt 12:34 “For the mouth speaks out of that which fills the heart.”

Matt 15:19 “For out of the heart (mind) come evil thought, murders, adulteries, fornications, thefts, false witness, slanders.”

Romans 12:2 (renew your minds)

How do we renew our minds? What kind of things should we set our minds on?

- **Whatever is true** – Genuine, real, not counterfeit. Many things are deceptive, promising what they can never perform, offering a peace and happiness they can never supply.
- **Whatever is right** – (just, honest, honorable, worthy) That which is due or proper. Conforming to the will of God or man.
- **Whatever is pure** – morally undefiled, clean. Without spot, free from mixture. Only those things that are purified and cleansed should come into the presence of God. Our thoughts should be so clean that we should be able to stand before God’s scrutiny. “Clean hands and a pure heart.”
- **Whatever is lovely** – possessing qualities which may invite affection, that which calls forth love. Do our thoughts of someone call forth love in our hearts for them, or do they call forth bitterness, resentment or jealousy? Do our thoughts cause us to be a person that would cause others to respond with love or affection toward us?
- **Whatever is of good repute** – good character or reputation. Whatever has a good name or accepted as good. Whatever things that are fit for God to hear. (nothing ugly, impure, false....)
- **Anything excellent or praiseworthy** – of great value, remarkable, distinguished by superiority, that which pleases and of high esteem. Good men are lifted up in praise by other good men. We become what we allow our minds to dwell on.

V 9 – Paul’s example to them

IV. v 10-13 Contentment

What do you think was Paul’s secret that enabled him to be content in whatever circumstance he found himself?

His strength or ability came from the Lord. The man who walks with Christ can cope with anything.

Rom 8:28

1 Thess 5:18

V. v 14-18 Blessings from giving

Paul commends the church for their gift to him. Their generosity makes him glad, not for his own sake, but for theirs.

Paul encourages them that their gift is a fragrant aroma, a sacrifice to God.

Because of their sacrifice, God will supply all their needs. The man who gives becomes richer, because his own gift opens him to the gifts of God.

VI. 19-23

Greetings and blessing.

Paul's gift to them, his blessing.