

Phil 12 – No Worries - Phil 4:1-9

Let's Pray

At the end of **Ch 3** – we were **strongly encouraged** with our **Heavenly Citizenship** – it's privileges & responsibilities

& then **Ch.4 V.1** begins with the transitional word – “**therefore**”

Phil 4:1

1 Therefore [because of the truths of Ch 3], ***my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.***

Look at the love Paul had for the Philippian saints

His “**beloved & longed-for brethren**” – his “**joy & crown**”

These beloved saints (that he's laid down his life for)

are his **joy today** -

& will be his **heavenly crown** when he finishes his race

So Paul says **STAND FAST** in the Lord

Don't **waver** – Don't **stop** – Don't **fall away** - **Stand Fast**

& then – **in V.2** - we see a **hint** of why Paul **began** with that **loving encouragement** to **Stand Fast**

We also **see** – **the beginning** of a lesson

Every Single One Of Us needs to learn

The truths described here will bring victory over **1 of the enemy's favorite tools** to bring **damage** into the church

The context of this passage is **set** - **HERE** - in **V.2**

Where **Paul** begins by **addressing two women** in the church who were having a conflict – a dispute

Phil 4:2

2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord.

Euodia & **Syntyche** – apparently were prominent women in the church

Euodia (yōō-oh´dee-uh) = “prosperous journey”

Syntyche (sin'ti-kee) = “pleasant acquaintance”

& it appears these women were both prosperous & pleasant

They may very well have been deaconesses –
or **possibly** even each had house churches in their own homes

In any case they were **prominent** members of the church
& **they represent** the prime example
of **what Paul** has been referring to throughout his letter

The **crucial teaching** that Paul is driving home here in **Ch 4**
he has been **clearly sowing thru-out** the entire book

(look over) Phil 1:27

27 Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with one mind striving together for the faith of the gospel,

(& then) Phil 2:2-4

2 fulfill my joy by being like-minded, having the same love, being of one accord, of one mind.

3 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

4 Let each of you look out not only for his own interests, but also for the interests of others.

& now – Paul’s going to bring this **critical teaching** home
in a real life example – occurring right in the core members of the church

Again - Phil 4:2

**2 I implore Euodia and I implore Syntyche to be of the same mind
in the Lord.**

The word implore is a very strong Greek word
we might say; **“I beg you, from the bottom of my heart”**
“please, be of the same mind”

The phrase *“be of the same mind”*
is the same used back in **Ch.2 V.2** – **“Be Like-Minded”**

LIT = *“think the same thing”*

So – with **THAT** context in mind
we’re about to read some of the most-quoted Vs’s in the N.T.

They’re used **all the time** - in **all kinds** of circumstances . . .

But maybe not often enough
are they used in the specific context they’re written in

Which is **UNITY** between individual members in the church

Paul is about to give some of the best advise in scripture
on how we can **STOP CONFLICTS** - & - **STAND IN UNITY**
with one another in the church

So - - - when the Holy Spirit says -
“be of the same mind” - **“think the same thing”** . . .

If you’re wondering what He’s getting at - -
let’s just skim thru the next Vs’s **w/ this thought of UNITY in mind**

Paul’s saying **IF** we’ll have **THIS** same mind (*he’s about to describe*)
then . . . we will be able to minister in **UNITY** in the church

Here is Paul's description of having the same mind

follow along as we skim over it – then we'll look at each Vs. in detail

Paul is urging these two women to have **THIS** Same Mind

(**v.4**) Rejoice in the Lord always

(**v.5**) Let your gentleness be known to all

(**v.6**) Be anxious for nothing,

but in everything – by Prayer, Supplication, & Thanksgiving
let your requests be made known to God

(**v.7**) & the peace of God will guard your hearts & minds thru Christ Jesus

(**v.8**) Whatever is True - Noble – Just – Pure – Lovely –
of Good Report - Virtuous - & Praise Worthy

Meditate on these things - - **Lock your mind on these things**

These are incredible Vs's –

& they are **great Vs's** to be used in **every situation** in life

Pam & I had these Vs's on our Fridge for **6 years**

while we prayed God would allow us to have children

& they gave us **great peace** during that time

& I strongly encourage you to **apply** these Vs's

to every stressful area of your life – because they **really do apply**

But, **for today**, I'd like us to look at the power of these Vs's

IN THE CONTEXT that Paul is writing them in

Paul's **been very concerned** thru-out the Ltr about the Philippians

maintaining **Unity & Peace** within the church

& now he's **closing the letter** with a **real life application**

about **HOW** to actually maintain that Unity & Peace

& I have NO DOUBT – that if any 2 people in the church would have **THIS SAME MIND** (*that's described here*) . . .

there would be **NO Inter-Personal** Conflicts in the Church

THAT is a very radical statement !!

I know that if we would actually live out these Vs's
we would see great victories in the church
over the enemy's tried-&-true scheme of bringing division

So – Let's go back & **take it Vs-by-Vs**

Phil 4:2-3

2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord.

3 And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.

The "true companion" Paul refers to here is basically unknown - altho many people have made "educated guesses"

We know it's a person Paul trusted to "help" these women - the word "help" means **LIT** "take hold of" . . .

Paul says -

"True companion - take hold of these women - & help them"

Which is exactly what **Gal 6:1** says we are to do (*read it later*)

These women had labored w/ Clement, & the fellow workers - & their "*names are in the book of life*"

They were true Christians – active in the ministry

& beginning in **V.4** Paul is going to give them crucial instruction on how to keep **Unity** & **Peace** - in their hearts

His 1st command to fix this problem is – **Rejoice in the Lord always**

Phil 4:4

4 Rejoice in the Lord always. Again I will say, rejoice!

Why would Paul **begin his counsel** by saying
Rejoice in the Lord always – & Again I say, rejoice ?

Because the truth is:

Pretty much every dispute in the church comes from people focusing on **themselves**

& so - one of the quickest ways to stop disputes
is to get our focus **off ourselves**
& begin to **Rejoice in the Lord together**

If we would just **put aside our disputes**,
& truly begin rejoicing in how good God is

our minds would eventually be taken off our **self-focus**
that got us worked up in the first place

So – **the 1st command is** – Start Rejoicing in the Lord always (& cont.)

the next command is in Phil 4:5

5 Let your gentleness be known to all men. The Lord is at hand.

the word “gentleness” is **LIT** “graciousness” or “forbearance”

So – if **in the midst** of our Rejoicing in the Lord . . .

we would focus on letting our **Gentleness**, our **Graciousness**,
& our **Forbearance** (*patience*) be known to all men . . .

THEN – how would we be doing in the **UNITY** department ??

The problem is – these traits

“**Gentleness**” – “**Graciousness**” – “**Forbearance**”

These traits **don't come** from our **SELF**

these **are fruits** of the **Holy Spirit**

& if we will **crucify** our **SELF nature**

& actually **walk** in the **Spirit** in our relationships in the church

Then **our relationships** can be **directed** by the Holy Spirit . . .

instead of conflict & division – people would see

**Love – **Joy – **Peace – **Longsuffering – **Kindness – **Goodness -
Faithfulness – **Gentleness – **Self **Control (Gal 5:22**)********************

All we have to do is:

- 1) **Crucify** our flesh
- 2) Truly **give control** of our lives to the Holy Spirit
- 3) be **Transformed** by the renewing of our minds
- 4) **Repeat** that process every single day

& we **CAN** do this! – *The Holy Spirit within us is our power*

Then Paul **ends V.5** with the encouragement “**The Lord is at hand**”

Jesus **is coming back** – He really is

Do you really want to be bickering over some minor issue
when Jesus shows up? - - I don't think so

Instead let's be found Rejoicing in the Lord & Walking in the Spirit

& now – **in V.6** we come to the famous vs's of this text –
which definitely apply to ALL stressful situations in life

& I encourage you to use them in every stressful situation in life

But **look at the power** of these Vs's In **the context of stress** in the church – in the ministry – between saints

Look at the power of these Vs's in **THAT** context

Phil 4:6

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

The word anxious actually comes from the same word we get the word "Strangle" from . . .

Have you ever been "strangled" by **anxiety** & **worry** ??

The word also conveys a picture of obsessively analyzing the minutest details about a thing – going over & over it

& finally – it has the sense of "being incapacitated" by worry

We just get **SOOO** worked up when we disagree with someone that we just get "beside ourselves"

well - here in **V.6** – The Holy Spirit actually **issues us a Command**

BE ANXIOUS FOR NOTHING – **LIT** "*for not one thing*" (a command)

DON'T do that – **INSTEAD** – there's a process here by which we can truly turn things over to God

& by which we can **truly be freed** from incapacitating anxiety of **things** – or **circumstances** – or of **people**

The process starts in V.6

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

The Holy Spirit lists Three Ways

in which to **let your requests** be *made known* to God

& *each of these words* is a step toward the **healing of anxiety**

1st – let your requests be made known IN PRAYER

This word for “*prayer*” speaks of addressing God
in **worship**, **adoration**, and **devotion**

Whenever we find ourselves worrying - our first action
ought to be to get alone with God and worship Him

We’ve got to realize the *greatness* and *majesty* of God
We’ve got to realize He is *big enough* to solve our problems

The first step in “no worry praying” is *adoration*
Spend time telling God how great, & powerful, & loving He is

2nd – let your requests be made known IN SUPPLICATION

Supplication is not just reading off your list to God –

Supplication suggests intensity & earnestness in extended prayer
to fully transfer your burden into God’s hands

Supplication is an impassioned release of your burdens to God

3rd – let your requests be made known WITH THANKSGIVING

Thanksgiving is really an attitude of heart –
AND it's the **miracle step** to overcoming worry & anxiety

I promise you – if you will begin to Characterize your life
by being constantly Thankful to God for all He's done for you

I promise you - - **anxiety** - **worry** - & **conflict**
will begin to lose their grip

There is healing, refreshing, renewal in **true thanksgiving**

& if we will get caught up in thanking God for being at work
in THAT very situation that's making us so anxious

Believe me – it will begin to change how we view
our circumstances & our trials

& then – look at God's promise - if we'll actually do this

If we'll actually go thru the 3 steps listed in V.6 – here's the promise

Phil 4:7

***7 and the peace of God, which surpasses all understanding,
will guard your hearts and minds through Christ Jesus.***

You turn that situation over to God
thru **Prayer** – thru **Supplication** - & thru **Thanksgiving**

& the promise is - ***the Peace OF God which surpasses ALL
understanding*** – will guard your hearts & minds thru Christ Jesus

This is the Peace **OF** God

Rom 5:1 says – when you put your faith in Jesus Christ
you immediately have Peace **WITH** God

But God doesn't stop there

He says not only can we have Peace WITH God . . .

But because of the Holy Spirit living in us

we can actually have the Peace OF GOD in our lives

The best definition I found of the "Peace of God":

*"a quiet confidence, or tranquility in God,
regardless of circumstances"*

The peace OF God allows you to go thru circumstances in this life
w/ a quiet confidence & tranquility . . .

Knowing that the God of the universe is aware

& He's at work for your good

So you can be at PEACE

(re: Peace of God) Isa 26:3 - Col 3:15

& then V.7 says - this miraculous Peace OF God will
GUARD our hearts & minds thru Christ Jesus

"Guard" is a military word - pictures a soldier standing guard -
or a garrison of soldiers guarding a certain thing

& that's what the Peace OF God will do for your heart & mind

Because your Victory over anxiety is determined to a large extent
on the condition of your **heart** & **mind**

& God wants to Guard your Heart & Mind with His **Peace**

Guys – **the mind** is a very powerful thing -

& we should protect it like a top secret weapon

Because if your enemy can get you to set your mind -
on the things that will damage your walk . . .

then he's got you on a pretty easy road to destruction

& so – **in V.8** – Paul gives us ONE MORE critical counsel
On walking in **UNITY** - & the **PEACE OF GOD**

Phil 4:8

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

The GK word for “Meditate” means **concentrated, focused** effort
It's also translated “THINK”

So – Paul says – Put concentrated – focused – mental effort
ONLY upon things that are GOOD

which means – DO NOT put that kind of mental effort
into things that are NOT GOOD

Let's just agree on one thing here –
What our mind dwells on – EFFECTS US

It's been proven 100 times over - & 100 times again
We BECOME what our mind dwells on

& God knows how we're made – cause HE made us

& so God says “meditate on whatever is GOOD” -
because He knows we will become what we focus on

We could easily go on ½ dozen tangents right now
but let's not

The context here is actually **UNITY** among church members
so let's apply this principal to that context

So often someone says or does something that really
is minor compared to the eternally important things

But we take that little offense - & we roll it over & over again
in our minds until we are SO anxious & worked up about it

that it can easily damage our walk with the Lord – or worse

But if we would simply apply these principals –
those minor things would never consume us

If we would Each;

(v.4) Rejoice in the Lord always

(v.5) Let our gentleness be known to all

(v.6) Be anxious for nothing,

but in everything – by Prayer, Supplication, & Thanksgiving
let our requests be made known to God

(v.7) Let the Peace of God guard our hearts & minds thru Christ

(v.8) And if we would **Meditate ONLY on things that are;**

True - Noble – Just – Pure – Lovely – of Good Report -
Virtuous - & Praise Worthy

If we would TRULY apply these scriptures to our daily lives

How much better would things be –
for us personally - & for the church

Finally – Paul closes this great text
w/ a Vs we really need to understand

Phil 4:9 → →

Phil 4:9

9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

the things you **learned & received** from me
the things you **heard & saw** in me

THESE DO - & the God of peace will be with you

THESE DO - & the God of peace will be with you

(v.4) Rejoice in the Lord always

(v.5) Let your gentleness be known to all

(v.6) Be anxious for nothing,

but in everything – by Prayer, Supplication, & Thanksgiving
let your requests be made known to God

(v.7) & the Peace of God will guard your hearts & minds thru Christ

(v.8) And **Focus your mind ONLY on these things**;

Whatever is True - Noble – Just – Pure – Lovely –
of Good Report - Virtuous - & Praise Worthy

& the God of Peace – Will be with you !

Let's Pray