

Book of Philippians

Part 7

Philippians 4:1-9

Philippians 4:6,7 NIV

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- This is the remedy for how we as believers handle worry and anxiety.
- Prayer... with Thanksgiving... opens the doorway for the peace of God, which transcends (surpasses) all understanding...
- The Peace of God is what guards your heart and minds in Christ Jesus.

“It’s now proven that you cannot be anxious and grateful at the same time. It’s Impossible for the amygdala, the part of the brain that experiences worry, to function while the frontal lobe of the brain expresses thanksgiving.” **Dr. Lee Warren, Neuro Surgeon**

- The best way to turn off worry is to turn on Prayer and Thankfulness to God.

Vs. 8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

- Paul tells believers to guard their minds by thinking about the good.

- It's possible in a world full of so many things to allow our minds to be consumed with wrong, fearful, disturbing thoughts.

“Much of the Christian life comes down to the mind. Romans 12:2 speaks of the essential place of being transformed by the renewing of your mind and 2 Corinthians 10:5 speaks of the importance of casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. What we choose to meditate on matters.”

David Guzik

- Bob Gladstone, a man who was a mentor to me, use to say this:
“Behind every thought is a spirit.”
- A friend of mine, who is an incredible leader, shared with me that the human brain has a negative bias. In other words our natural mind default, is to negativity thinking, and seems to have faith in worse case scenarios. People naturally listen to bad news over good news.
- Last time I checked negativity isn't listed in the Galatians 5 under “The fruits of the spirit”. We need the help of the Holy Spirit and the Word of God to transform our minds.
- Here the Apostle Paul is speaking to Spirit-filled, born again believers and he challenges these believers to be disciplined in their thinking. Because thinking is tied to feelings. Wrong thinking it will lead to wrong feelings about yourself or someone else. Wrong feelings and wrong thinking lead to wrong actions and decisions.
- This is why the Apostle Paul tells believers whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things

True: Fact, Real

Noble: Honorable, of High Moral Character

Right: Good, Just

Pure: Clean, Innocent

Lovely: Pleasing, Acceptable

Admirable: Good Report

Excellent: Virtuous, Morally Upright

Praiseworthy: Commendable

- If the world is opposite of what Paul lists, that means they think about this; What is False, Dishonorable, Wrong, Impure, Unpleasant, Shameful, Terrible and Reprehensible.
- The way we guard peace and right thinking is to remind ourselves to think in these God honoring ways.

Colossians 3:1-4 NIV

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. **2** Set your minds on things above, not on earthly things. **3** For you died, and your life is now hidden with Christ in God. **4** When Christ, who is your life, appears, then you also will appear with him in glory.

Vs. 9

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- Godly Practice leads to the Peace and Presence of God...

Vs. 10-13

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. **11** I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.

11b

for I have learned to be content whatever the circumstances.

Contentment: *“Biblical contentment is the state of transcendent peace that comes from your joy in the Lord and this is by grace.”*

Jobi Martin

- Contentment is understanding that in this life there are many ups and downs but this too shall pass. Everything in this world is temporary, But what the Lord has promised us is eternal.

1 Timothy 6 NIV

6 But godliness with contentment is great gain. **7** For we brought nothing into the world, and we can take nothing out of it.

Vs. 12,13

12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.

- We have heard Vs. 13 quoted like this “I can do all things through Christ who gives me strength.” For the purpose of winning a game or playing a sport.

Pic: Stephen Curry

- I do agree that Christ is with us in every challenge we face and will strengthen us for challenge. But the context of what Paul is speaking to here is a little different.

“Unfortunately, many people take this verse out of context and use it to reinforce a “triumphalist” or “super-Christian” mentality, instead of seeing that the strength of Jesus in Paul’s life was evident in his ability to be content when he suffered in need.” **Guzik**

Vs. 12a

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation,

- Paul is saying; God has taught me (Vs. 11 *“I have learned”*) to trust Him and to be content no matter how fortunate or unfortunate my circumstance. He will be with me, I can do all things through Christ who strengthens me.

Vs. 14-20

14 Yet it was good of you to share in my troubles. **15** Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; **16** for even when I was in Thessalonica, you sent me aid more than once when I was in need. **17** Not that I desire your gifts; what I desire is that more be credited to your account. **18** I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an

acceptable sacrifice, pleasing to God. **19** And my God will meet all your needs according to the riches of his glory in Christ Jesus.

20 To our God and Father be glory for ever and ever. Amen.

- Hindsight is 20/20. Imagine looking back as a believer from the Philippians perspective and seeing the result of the Apostle Paul's ministry knowing you were part of supporting him, at a time, when no one else did.
- Is there better soil to sow into than Paul's Ministry?

Vs. 15b

not one church shared with me in the matter of giving and receiving, except you only;

- It's no wonder this church had a special place in Paul's heart.

Vs. 17

Not that I desire your gifts; what I desire is that more be credited to your account.

- For these few believers to sow into Paul you could liken to the first person to invest in Amazon, or Apple, or the first person to buy a Bitcoin. The first real world purchase of a bitcoin was in May of 2010 and cost .004. Today one Bitcoin is worth more than \$76,000. Talk about return on investment...
- Paul likens the investment they made into his ministry to an eternal investment that they will receive in Heaven. If earthy investments bring great return, how much more will eternal investments bring?

Vs. 18b, 19

They are a fragrant offering, an acceptable sacrifice, pleasing to God.

19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

- We don't know how much they gave, but we do know from the story of the widows mite, God isn't necessarily impressed with how much but with what level of sacrifice it was given. Paul says because they gave sacrificially, "It was a fragrant offering, an acceptable sacrifice, pleasing to God."
- Because they gave sacrificially Paul gives them this promise. And my God will meet all your needs according to the riches of his glory in Christ Jesus.

? How many of you have witnessed God's provision in your life in different many ways because you gave faithfully and even sacrificially at times?

Closing: