

Book of Philippians

Part 6

Philippians 4:1-9

Philippians 4

1 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

- The “therefore” found in the first verse draws in the context to what Paul was just speaking about at the end of Chapter 3 when he says in

Vs. 20,21

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, **21** who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

Vs. 1

Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

- Paul used the ancient Greek word for crown that described the crown given to an athlete who had won the race. It was a crown of achievement; not the crown given to a king.
- The Philippians, as they stand fast in the Lord, were Paul’s trophy.

Vs. 2,3

2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. **3** Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

- **Vs. 2,3** Paul speaks to two women named Euodia and Syntyche who, it is believed, had some sort of quarrel or disagreement.
- No one knows the cause of the disagreement and it's probably best we don't. But Paul cares for them because he knows at the root of both, are two ladies who "contended at Paul's side in the cause of the gospel"
- Paul reminds them **"to be of the same mind in the Lord"**, again speaking to the importance of unity.
- Paul also mentions a **"Clement and the rest of my co-workers, whose names are in the book of life."**
- It's important to know that Clement was a common name in Rome. But it's possible the Clement mentioned here was the well known "Clement of Rome" who was a notable leader in the church at Rome. He was also the well known author to two letters written to the church in Corinth. Tradition holds that "Clement of Rome" was martyred by the Roman Emperor by being tied to an anchor and thrown into the sea.
- With this in mind it's easy to see how Paul called them contenders for the gospel and those whose names are in the book of life...

Vs. 4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **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.

- Paul gives exhortation and again reinforces the theme of Philippians when he says...

Vs. 4

Rejoice in the Lord always. I will say it again: Rejoice!

- Joy is the noun form of the word rejoice. Rejoice is the verb tense.
- Happiness comes from circumstances, joy is a sense of gladness.
- So when Paul says “Rejoice in the Lord” he is saying, no matter your circumstances, find your gladness in the Lord.
- If Paul and the church depended on circumstances, it wouldn’t be good. But joy is not limited to circumstances, so Paul reminds them “Rejoice in the Lord always. I will say it again Rejoice!”

“I am glad that we do not know what the quarrel was about; I am usually thankful for ignorance on such subjects; – but as a cure for disagreements, the apostle says, ‘Rejoice in the Lord always.’ People who are very happy, especially those who are very happy in the Lord, are not apt either to give offense or to take offense. Their minds are so sweetly occupied with higher things, that they are not easily distracted by the little troubles which naturally arise.” (Spurgeon)

Vs. 5

Let your gentleness be evident to all. The Lord is near.

- Other words used to translate the greek word here for Gentleness: mildness, patience, yieldedness.
- The context to being gentle, (mild, patient and yielded) towards those who stir conflict in us comes from the mindset that the Lord is coming. It’s much easier to be patient and gentle with others knowing we could see the Lord any minute. This kind of gentleness comes also from knowing Jesus will settle every wrong at His return, and we trust Him to make all things right.

Vs. 6,7

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 Verse that everyone of us needs to tattoo on our hearts.

Question: What causes you to be anxious?

This is what I found are common causes for anxiety:

- **Work and school pressure:** Tight deadlines, heavy workloads, or exams.
- **Money problems:** Debt, bills, or lack of savings.
- **Social gatherings:** Parties, large crowds, or meeting new people.
- **Public speaking:** Giving a presentation or performing in public.
- **Relationship conflict:** Fights or tension with family, friends, or coworkers.
- **Negative self-talk:** Expecting the worst or worrying over past mistakes.
- **Loud or crowded spaces:** Busy streets, noisy rooms, or tight spaces.
- **Bad news:** Disturbing stories on social media or the news.

Philippians 4:6a MEV

“Be anxious for nothing”

“This is a command, not an option. Undue care is an intrusion into an arena that belongs to God alone”. (Guzik)

Vs. 6b

But in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Prayer: Solemn request.

Petition: Formal request. Direct or in writing.

Thanksgiving: Gratitude

So Philippians 4:6 could read like this...

“Be anxious for nothing, but in every situation, by (Solemn) and (Formal request) with (Gratitude), present your requests to God.”

Vs. 7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

The Bible describes three aspects of peace that relate to God.

- **Peace from God:** Paul commonly used this as an introduction in his letters; it reminds us that our peace comes to us as a gift from God.
- **Peace with God:** This describes a relationship that we enter into with God through the finished work of Jesus Christ.
- **The peace of God:** This is the peace spoken of here in Verse 7. It is beyond “all understanding”; that is, beyond our power of our understanding. And with it has the power to guard your hearts and minds in Christ Jesus.

There was an old song written in 1888

Titled “**Wonderful Peace**”

Peace, peace! wonderful peace,
Coming down from the Father above,
Sweep over my spirit forever, I pray,
In fathomless billows of love.

- Philippians 4:6,7 is the Biblical remedy on how to handle Anxiety... First it tells us what to do and second what to expect.
- Friend there are some things that we carry, that we were never meant to carry... So Take it to God in Prayer
- There are some things that we worry about that we have no control over... So Take it to God in Prayer.
- There are also some things that we are responsible for and some challenges we must face... So Take it to God in Prayer.
- The awesome part of following Jesus is... You may be in a boat in the middle of a storm, but if Jesus is in the boat with you, you don't have anything to worry about...

Reminds me of the story of Jesus and the disciples in the storm:

Mark 4:25-41 NIV

35 That day when evening came, he said to his disciples, "Let us go over to the other side." **36** Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. **37** A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. **38** Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

39 He got up, rebuked the wind and said to the waves, "**Quiet! Be still!**" Then the wind died down and it was completely calm.

40 He said to his disciples, "**Why are you so afraid? Do you still have no faith?**"

41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

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 these 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 stinking thinking.

- A friend of mine, who is an incredible leader, shared something with me once, he said the human brain naturally has a negative bias. In other words our natural mind is drawn to negativity over positivity. We listen to negative news over positive news. Because of this we automatically take a negative viewpoint.
- Here the Apostle Paul is speaking to Spirit-filled, born again believers and he challenges them to think differently, to think about the good.
- It's possible to meditate on things that are False, Dishonorable, Wrong, Impure, Unpleasant, Shameful, Terrible and Reprehensible.
- The Apostle Paul tells us 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

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 Godly Presence...