Philippians 2026 – Week 7 – Philippians 4:1-9

Philippians 4:1-9: *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!*
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.
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.
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. 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.

INTRO to **Philippians**: The letter of Philippians is the perfect starting place for biblical teaching on following Christ as a disciple. This letter speaks to obedience and faithfulness in the life of the individual believer, and the importance of being healthy and unified in the Church. Philippians presents God's instructions in a warm and encouraging tone, as believers are challenged to conduct ourselves at all times and in all places "in a manner worthy of the gospel of Christ."

INTRO to **Philippians 4:1-9:** In the final Chapter of Philippians, Scripture calls in to pursue that which is better and best – that which is excellent and praiseworthy – with (4) commands:

I. Stand firm in the Lord. (vs. 1-3)

-Though the church in Philippi seemed to be strong and healthy overall, the Apostle Paul's admonitions to those he loved so dearly as the letter begins to close was that they "stand firm" on the firm foundation of Christ.

-In **vs. 2-3**, Paul calls out two women specifically (Euodia and Syntyche) who appear to have had a conflict between them. He calls them, as in **Ch. 2**, *to be of the same mind in the Lord*, so that they along with the other faithful believers in Philippi might walk in unity and continue to be effective in the ministry of the gospel.

II. Rejoice in the Lord! (vs. 4-5)

-What is important is not *how* we rejoice, but *in whom* we rejoice. *Rejoice "in the Lord"…always.*

-“Always” is a reminder that no matter what we face, the joy that comes from is indestructible.

-The word used for “*gentleness*” in **vs. 5**, often translated “graciousness” or “compassion,” means an intentional kindness.

-The word compassion, as we saw in **Ch. 2**, means to see someone helpless or in need and to care…and then to do something about it. Moreover, compassion is to see people as God sees them.

-As a part of this call to rejoicing and caring, Scripture also reminds that “The Lord is Near”—He is always with us, near us during this age; but His Personal return to the earth could also happen at any moment!

III. Cast Your Cares upon the Lord. (vs. 6-7)

-The command to not be anxious about *anything* is a difficult one, especially in a world where it often seems like we have so much to worry about. Here, however, the command comes with a practical instruction about how to do it: Respond to anxiety and worry with *prayer and petition, with thanksgiving, present your requests to God.*

-The command is followed by a PROMISE— **vs. 7:** *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* (See also **Matthew 6:25-34** below)

IV. Set your mind on the things of the Lord. (vs. 8-9)

-The way the disciple of Jesus Christ thinks is very important. Our minds are perhaps even more capable of evil than our bodies. So, Scripture reminds us—guard your hearts and minds and think about the things of the Lord (see **Colossians 3:1-3** below).

-The maturing Christian will certainly see evil things in the world, but will recognize them as evil because the things of God are constantly on his or her mind—those things that are: *true, noble, right, pure, lovely, is admirable—if anything is excellent or praiseworthy—think about such things.*

-Finally, in **vs. 9**, the Apostle Paul encourages the Philippians again…”follow my example,” this time in (4) specific ways:

1. What you learned from me = what Paul taught
2. What you received from me = how Paul treated them
3. What you heard from me = how and what Paul spoke
4. What you have seen in me = How Paul lived

-The result will be, once again: *the peace of God will be with you.*

Other Scriptures Referenced:

Matthew 6:25-34: *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

Colossians 3:1-3: *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.*

Other Quotes/Resources:

-"Some honest differences of opinion among genuine believers could be resolved if they would take the time to sort out why they are looking at things differently and if they would take their views and attitudes and submit them afresh, self-critically to the Scriptures…Personal differences should never become an occasion for advancing your party, for stroking bruised egos, for resorting to cheap triumphalism…Focus on what unites you: the gospel, the gospel, the gospel." –D.A. Carson

-"Anxiety is a joy killer. Anxiety makes us self-absorbed. Anxiety and worry distract us from mission and serving, others, and they rob us of peace." –Tony Merida