

Philippians 4

vs. 1

- vs. 1 - review of chapter 3

- *"therefore...in this way stand firm"*

- Philippians 3:20-21 - stand firm because you belong in heaven and should be looking forward to it.

- *"my joy and my crown"* - Paul received joy as he looked at the faithfulness of the Philippians. Crown is describing the wreath that athletes got at the Olympics.

vs. 2-3

- help live in harmony

- Paul had apparently gotten word that two women in the church were having some sort of dispute and he was personally pleading with them to live in harmony and for the rest of the church to help them. **Notice that Paul does not take sides or offer to settle the dispute.**

- Rom. 12:18 (9-21 - read this for future study of the context)

- Prov. 18:19 - a brother offended

- imagine if God had spoken of you by name in the Bible, would you want it to be like these two ladies who are in disharmony or like Clement who is called a fellow worker with Paul.

- this underlines one of the two themes of this letter - harmony.

vs. 4-7

- vs. 4 - rejoice

- he says it twice here and repeatedly throughout this epistle, this is the other theme of this letter.

- vs. 5 - gentle spirit

- *gentleness* - same greek word used in 1Thes. 2:7

- the gentleness of a mother was to be shown to *"all men"*

- *the Lord is near* -

- vs. 6-7 - the cure for anxiety

- a simple equation to avoid anxiety:

prayer + supplication + thanksgiving = The peace of God

- prayer - talk to God about your anxieties

- supplication - express your needs to God

- thanksgiving - give thanks for what God has done

- the peace that comes from this may not make sense, but it will act as a guard to both your heart and your mind.

- *"worry about nothing, pray about everything"* - Chuck Swindoll.

vs. 8-9

- dwell on these things/practice these things

- *"garbage in garbage out"*

- most of us spend our time dwelling on the wrong things, the bad in our life, our fears, the things that stress us. We can't forget those things, but shouldn't dwell on them. Instead we should do what verses 6-7 just taught us

- the things that are on the list in verse 8 have been put into practice by Paul. As we see those things we should be practicing them until we get it right.

- Look for practical ways to *"dwell"* on the right things. What you read, watch, and talk about.

vs. 10-14

- vs. 10-11 - contentment

- the Philippians had given a gift to Paul, but it had taken a while to get to him.

- Paul has learned to be content even when he is not provided for.

- vs. 12-14 - the secret

- the secret of being content in all situations is to be in the Lord, then all situations will be under His control.

- John 15:5 - match this verse with Philippians 4:13 and you get have the whole picture: *"you can do all things in Christ, and nothing without him."*

vs. 15-20

- thanks for your support

- 2Cor. 8:1-5 - Paul had spoken highly to the Corinthians about the support of the Macedonian church of which Philippi was one.

- *"a fragrant aroma...well-pleasing to God"* - This is connected to the sacrifices of the Old Testament. (see Lev. 1:9, 1:13, 1:17, and 2:2, as well as 24 other times in Leviticus). God still enjoys sacrifice, but not the sacrifice of animals (Romans 12:1).

vs. 21-22

- misc. greetings

- *"Caesar's household"* - imagine how much joy it must have brought the Philippians to hear that there were converts within the household of the emperor. It gives them hope that the persecution may someday end by the decree of the emperor.

vs. 23

- blessing