Bible Study

**Philippians: Living with Joy**

**Chapter 4**

OUTLINE OF PHILIPPIANS

(Warren Wiersbe)

**DISCUSSION**

Chapter 3 Recap

(vv. 1-11) Paul’s Exhortations

* Rejoice
* Be on the Alert
* We are the Circumcision

Paul’s Goal

* To Know Christ
* Be a partner in Christ’s suffering
* Go all the way with Christ, even to death

(vv 12-16) Paul’s Encouragement

* Every Christ follower should be actively pursuing the goal of fully knowing Christ.
* Every Christ follower should be fiercely focused on “one thing”.
* Forgetting what is behind; Reaching forward for what is ahead
  + Cut down on all distractions
  + Strengthen my devotion (to Christ)
  + Focus on the right direction
  + Follow Christ with determination
  + Press forward with discipline
    - The key to being disciplined is obedience to the Word of God.
* Allow God to work in us (or on us) so that He can work through us.

(vv 17-21) Paul’s Example

* Follow my (Paul’s) example of relentlessly pursuing Christ.
  + Who am I imitating?
  + Who is imitating me?
* Our citizenship is in heaven.

**DISCOVERY**

III. THE SECURE MIND—chapter 4

A. God’s Peace—4:1–9

B. God’s Power—4:10-13

C. God’s Provision—4:14–23

God’s Peace (vv. 1-9)

Understanding the Text

Paul is in prison and unable to physically visit the Philippian church.

There is a dispute between two prominent members of the congregation, Euodia and Syntyche. (v. 2-3)

The dispute is creating division within the church (people are taking sides). Furthermore, there is a dispute happening simultaneously within the Roman church.

Additionally, Paul is facing the possibility of his own death. Paul has just cause to worry/be worried; yet he does not.

Paul instead opens this chapter by sharing the secret to having victory over worry.

(v. 4-7)

Paul makes three things evident in verses 4-6:

* Rejoice in the LORD (v.4)
* Demonstrate gentleness (v. 5)
* Be anxious for nothing (v. 6)

*v. 4 “Rejoice in the Lord always…”*

Twice in verse 4 Paul says REJOICE.

* Is joy different than happiness? If yes, how so?

Often, we will face circumstances which will not make us happy. We can always rejoice in the Lord and delight in Him.

Happiness depends on external stimulants. Joy in the LORD is the internal response to Christ based upon my stability in Christ despite what is happening externally.

Paul himself was an excellent example of one who had inner joy when external circumstances—such as persecution, imprisonment, the threat of death—were against him.

*v. 5 “…let your gentleness be known…”*

In addition to joy, believers are to have gentleness, which is to be evident to all.

Joy, an inner quality in relation to circumstances, may not always be seen; ***but the way one reacts to others—whether in gentleness or harshness—will be noticed***.

The reason we should do this is because the LORD IS NEAR.

v. 6 “Be anxious for nothing…”

\*What is worry?

The Greek word translated “anxious” (careful) means “to be pulled in different directions.”

Our hopes pull us in one direction; our fears pull us the opposite direction. In our minds we put closure on a thing which has not yet even taken place.

Worry has physical consequences: headaches, neck pains, ulcers, even back pains. Worry affects our thinking, our digestion, and even our coordination.

From the spiritual point of view, worry is wrong thinking (*the mind*) and wrong feeling (*the heart*) about circumstances, people, and things.

Worry is the greatest thief of joy. Worry is an inside job!

The antidote to worry is the secure mind. Look at verse 7.

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

When you have the secure mind the peace of God will guard you, and the God of peace will guide you.

**DIRECTION**

Read Philippians 4

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