

The letter to the Philippians is letter of tremendous encouragement and joy. Paul under the inspiration of the Holy Spirit writes this letter to thank the church in Philippi for their support and to instruct them on the issue of unity. As we walk "*step by step*" through this letter I am confident that God will bless our time, study and discussion.

### Philippians 4

**V1** *therefore*-So then, or 'in light of this...'. Considering who we are in Christ (3:8-11,17-21) we should be eager to reconcile and maintain unity within the body of Christ.

*"If it is possible, as much as depends on you, live peaceably with all men."* Romans 12:18

*stand fast in the Lord*-Who we are in Christ enables us to resist, even stand against temptation and opposition.

**V2,3** We are not told what the issue is between these 2 ladies but it had the potential to bring division within the church. God simply instructs them to "*be of the same mind in the Lord*". The beauty of true Christian fellowship is that we are each unique yet united. Unity with diversity was a New Testament truth before it was a contemporary cliché. It is better to be a help rather than a hindrance concerning reconciliation.

**V4** The key is that we rejoice *in the Lord*. Regardless of our pains, trials, or circumstances we have joy in Him. As the song goes; "the things of earth will grow strangely dim, in the light of His glory and grace."  
*Again-* Choose to rejoice, always!

**V5** It is common place for criticism to be known, it takes thought and effort to let your *gentleness be known*. *Gentleness*; "means meekness under provocation, readiness to forgive injuries, equity in the management of business, candour in judging of the characters and actions of others, sweetness of disposition, and the entire government of the passions." Dr. Macknight

**V6** *anxious*-*"To be troubled with cares"*. Anxiousness or worry is an imbalance of thought which produces an uneasiness and restlessness. Worry weighs a person down, alters their personality and is a cause of illness, indigestion, headaches, muscle aches, etc... What do we do about it? Cast it over to God (1Peter 5:7)! Notice we are to be anxious for no-thing. We are to give to Him everything. Simple in concept yet difficult in application, until we realize He will guard our hearts and mind. (Proverbs 3:5-8)

**V7-** The product of giving all to Him (v6) is that we experience His peace. This inner protective peace guards our emotions and thoughts and keeps us calm when we may be tempted to worry.

**V8** Upon giving all to God we must realize the importance of *taking every thought captive* (2Co.10:5). Once we have given everything over to Him it is essential to rethink the way we think (Romans 12:2). Look at the list mentioned here in v8 and then consider how your thoughts will shape your attitude and outlook.

**V9** Paul was not boasting when he made mention of himself. He knew what God had done in his life and encouraged others to live wholeheartedly for God as well. Paul always gave God the credit for the good work done in his life.

**V10** Epaphroditus had brought Paul a gift from the Philippian church (2:25,4:18). Paul was obviously encouraged by this gift of love as it was an opportunity for his Philippian friends to express their love and appreciation. (v14)

**V11-13** This process of learning does not happen overnight. Paul learned that circumstances did not define his relationship with God. May we grow to understand this truth and speak humbly, confidently as Paul; *I can do all things through Christ who strengthens me.*

**V14-16** Jesus said “*By this all will know that you are My disciples, if you have love for one another*” (John 13:35). The Philippian church time and again supported the work of the ministry that Paul was doing. Paul was a hard worker and did not ask for handouts, he simply accepted gifts for the *necessities* so he could do God’s work.

**V17-** Paul knew that those who give genuinely and graciously would be blessed by God, for God knows the heart and action of all His children.

**V18** *I have all and abound*-Paul is writing from jail and yet he knows the wealth of his Father. Here he graciously and thankfully acknowledges the gifts that were sent to him.

**V19-** God will supply our needs out of His abundance in a greater way than we would imagine.

**V20-** *Now*=In light of or considering His riches, faithfulness, grace(ch.1-4)! *glory*=praise, honor, worship.

**V21-23** Note the warm greetings that remind us of the genuine fellowship they shared. Those of *Caesar’s household* were probably soldiers assigned to guarding Paul who heard and responded to the gospel.

My Memory Verse for this week: \_\_\_\_\_