

Philippians: Chapter 4

- V. 1 – “Therefore, my beloved brethren whom I long to see, my joy and crown,
 - SC: So I want you to see. He’s saying, “You guys are my joy and crown. You guys make me so proud that I am who I am, and that I’ve done what I’ve done.”
 - Now look at the word he says: “...stand firm (SC: do a word study – “be strong”) in the Lord.”
 - SC: Does that look familiar to anybody? Where do we see “stand firm”? You should take this phrase “stand firm” and do a word study and also add Joshua 1:8 – “be strong”. I like two-word phrases. “Stand firm” and “be strong”. Are they one in the same, and/or are they just aligned and bed-fellows.
- V. 2 – “I urge Euodia and I urge Syntyche to live in harmony in the Lord.”
 - SC: So #1 is stand firm; #2 is “live harmoniously as far as believers”
- V. 3 – “Indeed, true companion (comrade), I ask you also to (SC: #3) help these women who have shared my struggle.
- V. 4 – SC: this is #4 – “Rejoice in the Lord always. Again, I say rejoice!”
 - SC: What’s he doing? Repetition.
- V. 5 – SC: #5 – “Let your forbearing spirit be made known to all men.”
 - SC: So what’s “forbearing” mean?
 - First: That’s the kind of spirit you should have.
 - Second: You should not be shy about letting it be known. Demonstrating it to all people.
 - Member: Mine says “gentle”.
 - Member: Mine too.
- V. 6 – SC: #6 – “Be anxious for nothing (SC: don’t worry about anything),”
 - SC: In other words, you have the ability to not worry. You don’t need extra strength from God to not worry. Just stop doing it. Replace it with something else.
 - Then #7 (step 7) he tells you how to do that: “...in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
- V. 7 – “And the peace of God, which surpasses all human comprehension, will guard your hearts and your minds in Christ Jesus.”
- V. 8 – SC: #8 – “Finally (SC: in other words, “after you’ve done #1-7” now, do this):
 1. whatever is true
 2. whatever is honorable
 3. whatever is right
 4. whatever is pure
 5. whatever is lovely
 6. whatever is of good reputation

- 7. if there is any excellence
- 8. if there is anything worthy of praise
...dwell on these things.”
 - SC: So good make a list of what’s true, honorable, right, pure, lovely, of good reputation. Start letting your mind dwell and meditate on all those lists.
- V. 9 – SC: #9 – “The things you have:
 1. Learned
 2. Received
 3. Heard
 4. Seen in me

...**practice these things**, and the God of peace will be with you.
- SC: So v. 8, you make a list and he says dwell on these things; then v. 9, you make a list and he says practice these things. Just get busy doing vv. 1-9. That’s all. Especially vv. 4-9. **To me, some of the most powerful words in the world right there.** That would cure a whole lot of psychosis and dissention and lack of productivity, in the church, in business, and in personal lives.
- V. 10 – “But I rejoice in the Lord greatly, that now at last you have revived your concern for me....”
- **So vv. 11-13 are powerful verses and powerful principles for you in daily living. You should memorize them and practice them, same with vv. 1-9.**
 - V. 11 – “Not that I speak from want (SC: from need), for I have learned (SC: training and discipline) to be content (SC: self-sufficient) in whatever circumstances I am.”
 - V. 12 – “I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the **secret** of being filled and going hungry, both of having abundance and suffering need.”
 - V. 13 – “I can do **ALL things** through Christ who strengthens me.”
- V. 19 – SC: Another principle to memorize. “My God will supply all your needs according to His riches in glory in Christ Jesus.”

Summary of Action Items from Philippians

Create index card tools for each; review 1x p/day

- Memorize: “holding fast the Word of life” (2:16)
- Principle: Repetition is a safeguard (3:1)
- Memorize: “But whatever things were gained to me, those things I have counted as loss for the sake of Christ.” (3:7)
- Memorize: “In order that I might gain Christ” (3:8) – **This is a powerful phrase**
- Memorize: 3:10
- Memorize: 3:12
- Memorize: 3:14
- Do a word study on “stand firm” (4:1) and “be strong”
- 8 Action Items in 4:1-8
- Memorize 4:1-9
- Memorize 4:11-13
- Memorize 4:19