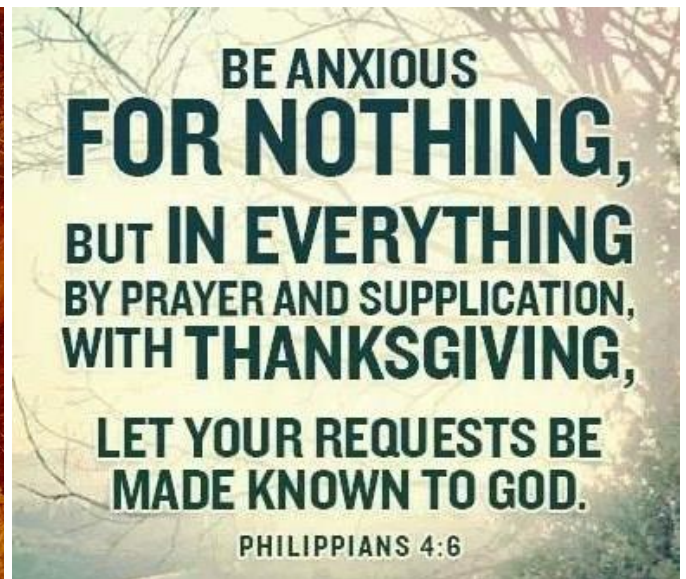
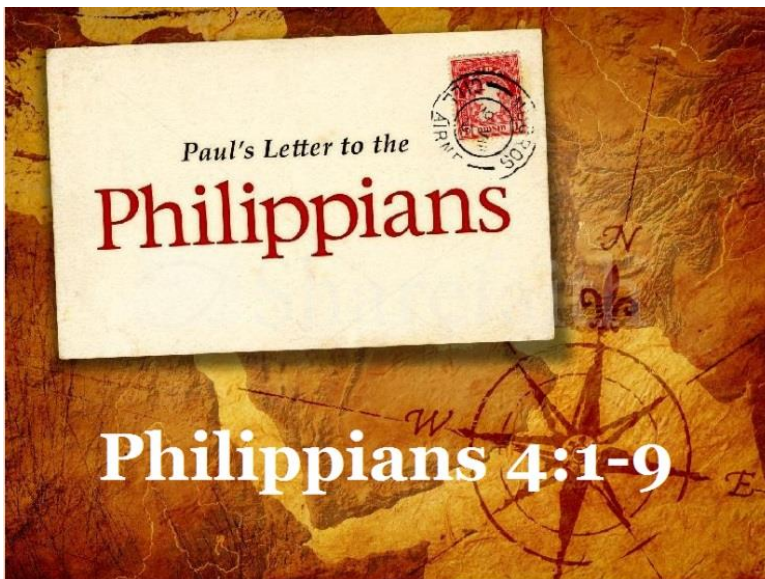




Paul starts with a direct address to two of the members of the Philippian church, asking that they resolve their differences and walk in Christian unity. He follows once again with a command to rejoice and gives them a message on attaining a lasting personal peace through “prayer and supplication with thanksgiving.” Paul finishes with instruction on how to order one’s thought life to bring glory to the Lord.

- Preview Introduction
- Be United, Joyful and in Prayer..... Philippians 4:1-7
- Meditate on These Things..... Philippians 4:8-9



TRUTHS & PRINCIPLES	APPLICATIONS
Worry is the toxic waste of unbelief.	Reconcile your strained or broken relationships.
All worry is atheism, because it is a want of trust in God.	Trust God with your greatest worry.
Tomorrow is the result of today’s thoughts.	Pull up any weeds that you have let grow in the garden of your mind.
Happiness is the by-product of bringing happiness to others	No matter your circumstance, keep an eternal perspective and you will have joy.



Test all things; hold fast what is good. 1 Thessalonians 5:21

1. How does Paul address the Philippian believers in this verse (4:1)? _____
2. Who specifically is Paul imploring in this verse (4:2) _____
3. What is Paul imploring them to do (4:2)? _____
4. What is the mark, or distinctive of the implored (4:3)? _____
5. Who are we to rejoice in always (4:4)? _____
6. What virtue should be known to all men (4:5)? _____
7. What should we be worried or anxious about (4:6)? _____
8. What should we do in everything, and how should we do it (4:6)? _____
9. What will guard our hearts and minds (4:7)? _____
10. What are we to meditate on (4:8)? _____
11. Who will be with the Philippians if they do the things mentioned (4:9)? _____

Study Questions

1. Read PHILIPPIANS 4:1-7 and concentrate on your internal joy.
 - ❖ Are some Christian leaders more interested in programs than in people?
 - ❖ What constitutes the joy of believers today?
 - ❖ What is the source of your joy?
 - ❖ How do you think Paul would define Christian Joy?
 - ❖ How do you define Christian Joy?
 - ❖ How do you know you are experiencing such Joy in your life?
 - ❖ Can you do anything to gain such Joy? If so, then what?
2. Read PHILIPPIANS 4:1-7 and reflect on true peace.
 - ❖ What would you do if two faithful workers in your church suddenly began quarreling with one another?
 - ❖ Who is the source of true peace?
 - ❖ Where do you find peace?
3. Read PHILIPPIANS 4:8-9 and reflect on true meditation.
 - ❖ What thoughts occupy your mind most of the time?
 - ❖ How do these thoughts compare with the type of thoughts Paul commands us to meditate on?
 - ❖ How are our minds affected by TV? By contemporary music? Our culture?
 - ❖ What step can you take to renew your mind (Romans 12:2, Ephesians 4:20-24)?