

## **READ**

### **Philippians 4**

#### **Philippians 4:4-9**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## **REFLECT**

Paul opens this chapter with the statement “that is how you should stand firm in the Lord.” Look back at 3:12-21. How are we to stand firm in the Lord?

In verse 2 Paul pleads with Euodia and Syntyche “to agree with each other in the Lord.” Why do you think he is so concerned about their relationship?

# What Joy

A study in the book of Philippians

How can each of the promises and commands listed in verses 4-7 help you to be joyful, peaceful and free from anxiety?

How can improper thoughts rob us of the peace God desires for us?

How can true, noble, right, pure, lovely, admirable, excellent or praiseworthy thoughts help to cleanse our minds and restore our tranquility (v. 8)?

## **RESPOND**

What should be your response to disagreements within your church or fellowship group?

In verse 9 Paul tells us that the God of peace will be with us as we practice what we have learned. What have you learned in this passage that you need to put into practice?