

What Matters Most

COACHING

Philippians 4:1-9

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

² I entreat Euodia and I entreat Syntyche to agree in the Lord. ³ Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Philippians 4:1-9

A. Paul's 7 Challenges (1-9a)

1. Be Committed - Stand firm in the Lord (1)
2. Choose Unity - Agree in the Lord (2-3)
3. Live Joyfully - Rejoice in the Lord (4)
4. Relate with Gentleness - Be reasonable (5)
5. Trust God - Resist anxiety (6a)
6. Develop the Spiritual Discipline of Prayer (6b)
7. Esteem . . . Think (8-9a)
 - a. Virtues from their Greco-Roman Heritage
 - (1) Truth - God and the gospel
 - (2) Noble Things - worthy of respect
 - (3) Justice - righteousness (defined by God and his character)
 - (4) Purity - without blemish
 - (5) Lovely Things
 - (6) Conduct that Is Admired
 - b. Biblical Moral Virtues
(Paul modeled these for them)
 - (1) Excellent things (arete - Gr. word for virtue)
 - (2) Praiseworthy Things - conduct reflecting the righteousness of God

B. Paul's Promises (7, 9b)

God will . . .

1. . . guard your hearts/minds in Christ - protection (7)
2. . . be with you - presence (9b)

Discussion Questions:

1. How can we control the thoughts that come uninvited into our minds? (4:8) Paul was not talking about fleeting impressions that invade our thinking. Thoughts of temptation or discouragement can come unannounced. But we can discipline ourselves, making conscious choices to contemplate good things. What should we do to grow in this area? Reading uplifting Bible verses and meditating on them, making a mental checklist of God's attributes, counting our blessings—these types of things can get our thoughts on the right track. (taken from the Quest Study Bible)
2. What made Paul so confident to proclaim - "I am a role model?" in Philippians 4:9 [key word: integrity]. Do you have the confidence to proclaim yourself as a role model for other believers? Discuss.
3. We need peace right now as individuals and as a nation. What starts us on the road to peace according to the passage?
4. Share a personal prayer request with each other. Now pray for God to move in that area of your lives.