



Title: Experiencing Philippians

Lesson 7

Read the introduction, the text, Reflect on them and take notes: (10) minutes

**Read:** Encouragement to stand fast in faith; walking in unity and joy in Christ.

**Philippians 4:1-4 (NASB)** <sup>1</sup> Therefore, my beloved brethren whom I long *to see*, my joy and crown, in this way stand firm in the Lord, my beloved. <sup>2</sup> I urge Euodia and I urge Syntyche to live in harmony in the Lord. <sup>3</sup> Indeed, true companion, I ask you also to help these women who have shared my struggle in *the cause of* the gospel, together with Clement also and the rest of my fellow workers, whose names are in the book of life. <sup>4</sup> Rejoice in the Lord always; again I will say, rejoice!

**Reflection: 1 Thessalonians 2:19-20 (NASB)** <sup>19</sup> For who is our hope or joy or crown of exultation? Is it not even you, in the presence of our Lord Jesus at His coming? <sup>20</sup> For you are our glory and joy.

**2 Corinthians 1:13-14 (NASB)** <sup>13</sup> For we write nothing else to you than what you read and understand, and I hope you will understand until the end; <sup>14</sup> just as you also partially did understand us, that we are your reason to be proud as you also are ours, in the day of our Lord Jesus.

**Ask:**

1. What is your understanding of why the brethren at Philippi his joy and crown? How does that affect the way we should view and act toward each other? What do you Think the impact on the world would be, if we truly lived this out?
2. What is your understanding of the statement, "...in this way stand firm in the Lord?" How can I/you/we apply that to our life? What does this look like to you? Is this an inherent thing/task we are able to accomplish? What would we be able to accomplish for the Kingdom of God if we truly lived in this manner?

**Read:** The Lord is near and in control of all... So, don't worry; but, stay focused on Him.

**Philippians 4:5-7 (NASB)** <sup>5</sup> Let your gentle *spirit* be known to all men. The Lord is near. <sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

**Reflection: James 3:16-18 (NASB)** <sup>16</sup> For where jealousy and selfish ambition exist, there is disorder and every evil thing. <sup>17</sup> But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. <sup>18</sup> And the seed whose fruit is righteousness is sown in peace by those who make peace.

Also... See **Matthew 6:25-34** and **1 Peter 5:7** concerning anxiety / anxiousness.

**Ask:**

1. What is your understanding of Paul's exhortation to let your gentle spirit be known to all men? What does this mean to you, concerning how we should live / walk daily?
2. What is your understanding of what Paul prescribes as the cure for worry / anxiety? Are you encouraged, saddened, challenged, etcetera by his statement? How does this look (play out) in our daily life? How can we grow in our prayer life?

**Read:** Live the Christian virtues; follow / walk in my example (As I follow Christ).

**Philippians 4:8-9 (NASB)** <sup>8</sup> Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything

worthy of praise, dwell on these things.<sup>9</sup> The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

**Reflection: Romans 14:18 (NASB)**<sup>18</sup> For he who in this way serves Christ is acceptable to God and approved by men.

**Philippians 3:17 (NASB)**<sup>17</sup> Brethren, join in following my example, and observe those who walk according to the pattern you have in us.

Also... See **2 Peter 1:1-11** concerning walking and growth in Christian character.

Ask:

1. How do you interpret what Paul is telling us to dwell on: and, how does that impact our day-to-day life / walk.
2. What is your understanding of the “things” Paul is telling us to practice, as learned and observed in him [Paul]?