

## PHILIPPIANS

**John 15:11** I have told you these things so that you can have the same joy I have and so that your joy will be the fullest possible joy.

**Psalms 16:11** You will teach me how to live a holy life. Being with you will fill me with joy; at your right hand I will find pleasure forever.

**Proverbs 23:7** Selfish people are always worrying about how much the food costs. They tell you, “Eat and drink,” but they don’t really mean it.

Thieves that rob you of your joy

1. Circumstances
2. People
3. Things
4. Worry

Four attitudes that keep your joy

1. Single mindedness (Philippians 1)
  - a. **James 1:7-8** Such doubters are thinking two different things at the same time, and they cannot decide about anything they do. They should not think they will receive anything from the Lord.
2. Submissive mindedness (Philippians 2)
3. Spiritual mindedness (Philippians 3)
4. Secure mindedness (Philippians 4)

What should we do?

1. Be sure you are a Christian
2. Admit your failures
3. Surrender your mind to Christ daily
4. Look for opportunities to put your mind to work
  - a. **Galatians 5:22** But the Spirit produces the fruit of love, joy, peace, patience, kindness, goodness, faithfulness,

### HOW TO INCREASE YOUR JOY (Philippians 1:1-11)

**Philippians 1:1-2** From Paul and Timothy, servants of Christ Jesus. To all of God’s holy people in Christ Jesus who live in Philippi, including your overseers and deacons:

<sup>2</sup> Grace and peace to you from God our Father and the Lord Jesus Christ.

Paul had you on his mind

**Philippians 1:3-6** I thank my God every time I remember you, <sup>4</sup> always praying with joy for all of you. <sup>5</sup> I thank God for the help you gave me while I preached the Good News—help you gave from the first day you believed until now. <sup>6</sup> God began doing a good work in you, and I am sure he will continue it until it is finished when Jesus Christ comes again.

**Ephesians 2:8-9** I mean that you have been saved by grace through believing. You did not save yourselves; it was a gift from God. <sup>9</sup> It was not the result of your own efforts, so you cannot brag about it.

**1 John 3:2** Dear friends, now we are children of God, and we have not yet been shown what we will be in the future. But we know that when Christ comes again, we will be like him, because we will see him as he really is.

Paul had you in his heart

**Philippians 1:7-8** And I know that I am right to think like this about all of you, because I have you in my heart. All of you share in God's grace with me while I am in prison and while I am defending and proving the truth of the Good News. <sup>8</sup> God knows that I want to see you very much, because I love all of you with the love of Christ Jesus.

**1 John 3:14** We know we have left death and have come into life because we love each other. Whoever does not love is still dead.

**Romans 5:5** And this hope will never disappoint us, because God has poured out his love to fill our hearts. He gave us his love through the Holy Spirit, whom God has given to us.

**1 John 3:18** My children, we should love people not only with words and talk, but by our actions and true caring.

**1 Peter 4:8** Most importantly, love each other deeply, because love will cause people to forgive each other for many sins.

Paul had you in his prayers

**Philippians 1:9-11** This is my prayer for you: that your love will grow more and more; that you will have knowledge and understanding with your love; <sup>10</sup> that you will see the difference between good and bad and will choose the good; that you will be pure and without wrong for the coming of Christ; <sup>11</sup> that you will be filled with the good things produced in your life by Christ to bring glory and praise to God.

**2 Corinthians 5:10** because we must all stand before Christ to be judged. Each of us will receive what we should get—good or bad—for the things we did in the earthly body.

**John 15:4** Remain in me, and I will remain in you. A branch cannot produce fruit alone but must remain in the vine. In the same way, you cannot produce fruit alone but must remain in me.

**Hebrews 13:15** So through Jesus let us always offer to God our sacrifice of praise, coming from lips that speak his name.

**PIONEERS WANTED** (Philippians 1:12-26)

**Romans 1:15** That is why I want so much to preach the Good News to you in Rome.

## Paul's chains

**Philippians 1:12-14** I want you brothers and sisters to know that what has happened to me has helped to spread the Good News. <sup>13</sup> All the palace guards and everyone else knows that I am in prison because I am a believer in Christ. <sup>14</sup> Because I am in prison, most of the believers have become more bold in Christ and are not afraid to speak the word of God.

The Greek word translated “*to spread*” (1:12) is a military term. It refers to a group of army engineers who went into a land before the regular army. They helped make a way for the army to enter the land. Paul is saying that even though he is in prison, the prison is making new ways for him to spread the gospel.

## Paul's critics

**Philippians 1:15-19** It is true that some preach about Christ because they are jealous and ambitious, but others preach about Christ because they want to help. <sup>16</sup> They preach because they have love, and they know that God gave me the work of defending the Good News. <sup>17</sup> But the others preach about Christ for selfish and wrong reasons, wanting to make trouble for me in prison. <sup>18</sup> But it doesn't matter. The important thing is that in every way, whether for right or wrong reasons, they are preaching about Christ. So I am happy, and I will continue to be happy. <sup>19</sup> Because you are praying for me and the Spirit of Jesus Christ is helping me, I know this trouble will bring my freedom.

## Paul's crisis

**Philippians 1:20-26** I expect and hope that I will not fail Christ in anything but that I will have the courage now, as always, to show the greatness of Christ in my life here on earth, whether I live or die. <sup>21</sup> To me the only important thing about living is Christ, and dying would be profit for me. <sup>22</sup> If I continue living in my body, I will be able to work for the Lord. I do not know what to choose—living or dying. <sup>23</sup> It is hard to choose between the two. I want to leave this life and be with Christ, which is much better, <sup>24</sup> but you need me here in my body. <sup>25</sup> Since I am sure of this, I know I will stay with you to help you grow and have joy in your faith. <sup>26</sup> You will be very happy in Christ Jesus when I am with you again.

**1 Timothy 4:15** Continue to do those things; give your life to doing them so your progress may be seen by everyone.

**Romans 9:1-3** I am in Christ, and I am telling you the truth; I do not lie. My conscience is ruled by the Holy Spirit, and it tells me I am not lying. <sup>2</sup> I have great sorrow and always feel much sadness. <sup>3</sup> I wish I could help my Jewish brothers and sisters, my people. I would even wish that I were cursed and cut off from Christ if that would help them.

**Matthew 11:28-30** “Come to me, all of you who are tired and have heavy loads, and I will give you rest. <sup>29</sup> Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives. <sup>30</sup> The burden that I ask you to accept is easy; the load I give you to carry is light.”

## BATTLE STATIONS (Philippians 1:27-30)

## Consistency

**Philippians 1:27a** Only one thing concerns me: Be sure that you live in a way that brings honor to the Good News of Christ.

**1 Timothy 4:1** Now the Holy Spirit clearly says that in the later times some people will stop believing the faith. They will follow spirits that lie and teachings of demons.

**2 Corinthians 10:4** We fight with weapons that are different from those the world uses. Our weapons have power from God that can destroy the enemy's strong places. We destroy people's arguments

**Ephesians 4:1** I am in prison because I belong to the Lord. Therefore I urge you who have been chosen by God to live up to the life to which God called you.

**2 Corinthians 3:2** You yourselves are our letter, written on our hearts, known and read by everyone.

## Cooperation

**Philippians 1:27b** Then whether I come and visit you or am away from you, I will hear that you are standing strong with one purpose, that you work together as one for the faith of the Good News,

## Confidence

**Philippians 1:28-30** and that you are not afraid of those who are against you. All of this is proof that your enemies will be destroyed but that you will be saved by God. <sup>29</sup> God gave you the honor not only of believing in Christ but also of suffering for him, both of which bring glory to Christ. <sup>30</sup> When I was with you, you saw the struggles I had, and you hear about the struggles I am having now. You yourselves are having the same kind of struggles.

**2 Timothy 3:12** Everyone who wants to live as God desires, in Christ Jesus, will be persecuted.

## THE GREAT EXAMPLE (Philippians 2:1-11)

**2 Corinthians 4:5** We do not preach about ourselves, but we preach that Jesus Christ is Lord and that we are your servants for Jesus.

**Philippians 2:1-4** Does your life in Christ give you strength? Does his love comfort you? Do we share together in the spirit? Do you have mercy and kindness? <sup>2</sup> If so, make me very happy by having the same thoughts, sharing the same love, and having one mind and purpose. <sup>3</sup> When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves. <sup>4</sup> Do not be interested only in your own life, but be interested in the lives of others.

Think about others, not about yourself

**Philippians 2:5-6** In your lives you must think and act like Christ Jesus. <sup>6</sup> Christ himself was like God in everything. But he did not think that being equal with God was something to be used for his own benefit.

**John 1:1-4** In the beginning there was the Word. The Word was with God, and the Word was God. <sup>2</sup> He was with God in the beginning. <sup>3</sup> All things were made by him, and nothing was made without him. <sup>4</sup> In him there was life, and that life was the light of all people.

**Colossians 1:15** No one can see God, but Jesus Christ is exactly like him. He ranks higher than everything that has been made.

**Hebrews 1:1-3** In the past God spoke to our ancestors through the prophets many times and in many different ways. <sup>2</sup> But now in these last days God has spoken to us through his Son. God has chosen his Son to own all things, and through him he made the world. <sup>3</sup> The Son reflects the glory of God and shows exactly what God is like. He holds everything together with his powerful word. When the Son made people clean from their sins, he sat down at the right side of God, the Great One in heaven.

**Romans 12:10** Love each other like brothers and sisters. Give each other more honor than you want for yourselves.

**1 Thessalonians 5:11** So encourage each other and give each other strength, just as you are doing now.

**Galatians 6:2** By helping each other with your troubles, you truly obey the law of Christ.

## Serve

**Philippians 2:7** But he gave up his place with God and made himself nothing. He was born as a man and became like a servant.

**Matthew 20:28** In the same way, the Son of Man did not come to be served. He came to serve others and to give his life as a ransom for many people.

## Sacrifice

**Philippians 2:8** And when he was living as a man, he humbled himself and was fully obedient to God, even when that caused his death—death on a cross.

## Glorify God

**Philippians 2:9-11** So God raised him to the highest place. God made his name greater than every other name <sup>10</sup> so that every knee will bow to the name of Jesus—everyone in heaven, on earth, and under the earth. <sup>11</sup> And everyone will confess that Jesus Christ is Lord and bring glory to God the Father.

**1 Peter 5:6** Be humble under God's powerful hand so he will lift you up when the right time comes.

## THE INS AND OUTS OF CHRISTIAN LIVING (Philippians 2:12-18)

There is a purpose to achieve

**Philippians 2:12, 14-16** My dear friends, you have always obeyed God when I was with you. It is even more important that you obey now while I am away from you. Keep on working to complete your salvation with fear and trembling,  
<sup>14</sup> Do everything without complaining or arguing. <sup>15</sup> Then you will be innocent and without any wrong. You will be God's children without fault. But you are living with crooked and mean people all around you, among whom you shine like stars in the dark world. <sup>16</sup> You offer the teaching that gives life. So when Christ comes again, I can be happy because my work was not wasted. I ran the race and won.

**Romans 8:29** God knew them before he made the world, and he chose them to be like his Son so that Jesus would be the firstborn of many brothers and sisters.

**Ephesians 2:10** God has made us what we are. In Christ Jesus, God made us to do good works, which God planned in advance for us to live our lives doing.

**1 Corinthians 11:1** Follow my example, as I follow the example of Christ.

There is a power to receive

**Philippians 2:13** because God is working in you to help you want to do and be able to do what pleases him.

Our word *energy* comes from the word translated "*working*."

1. The Word of God
  - a. **2 Corinthians 1:20** The yes to all of God's promises is in Christ, and through Christ we say yes to the glory of God.
2. Prayer
  - a. **Ephesians 3:20** With God's power working in us, God can do much, much more than anything we can ask or imagine.
3. Suffering
  - a. **1 Peter 4:12-19** My friends, do not be surprised at the terrible trouble which now comes to test you. Do not think that something strange is happening to you. <sup>13</sup> But be happy that you are sharing in Christ's sufferings so that you will be happy and full of joy when Christ comes again in glory. <sup>14</sup> When people insult you because you follow Christ, you are blessed, because the glorious Spirit, the Spirit of God, is with you. <sup>15</sup> Do not suffer for murder, theft, or any other crime, nor because you trouble other people. <sup>16</sup> But if you suffer because you are a Christian, do not be ashamed. Praise God because you wear that name. <sup>17</sup> It is time for judgment to begin with God's family. And if that judging begins with us, what will happen to those people who do not obey the Good News of God? <sup>18</sup> "If it is very hard for a good person to be saved, the wicked person and the sinner will surely be lost!" <sup>19</sup> So those who suffer as God wants should trust their souls to the faithful Creator as they continue to do what is right.

There is a promise to believe

**Philippians 2:16-18** You offer the teaching that gives life. So when Christ comes again, I can be happy because my work was not wasted. I ran the race and won. <sup>17</sup> Your faith makes you offer your lives as a sacrifice in serving God. If I have to offer my own blood with your sacrifice, I will be happy and full of joy with all of you. <sup>18</sup> You also should be happy and full of joy with me.

**1 Corinthians 15:58** So my dear brothers and sisters, stand strong. Do not let anything move you. Always give yourselves fully to the work of the Lord, because you know that your work in the Lord is never wasted.

**A PRICELESS PAIR** (Philippians 2:19-30)

**TIMOTHY** (Philippians 2:19-24)

He had a servant's mind

**Philippians 2:19-21** I hope in the Lord Jesus to send Timothy to you soon. I will be happy to learn how you are. <sup>20</sup> I have no one else like Timothy, who truly cares for you. <sup>21</sup> Other people are interested only in their own lives, not in the work of Jesus Christ.

He had a servant's training

**Philippians 2:22** You know the kind of person Timothy is. You know he has served with me in telling the Good News, as a son serves his father.

**Acts 16:2** The believers in Lystra and Iconium respected Timothy and said good things about him.

**1 Timothy 3:6-7** But an elder must not be a new believer, or he might be too proud of himself and be judged guilty just as the devil was. <sup>7</sup> An elder must also have the respect of people who are not in the church so he will not be criticized by others and caught in the devil's trap.

He had a servant's reward

**Philippians 2:23-24** I plan to send him to you quickly when I know what will happen to me. <sup>24</sup> I am sure that the Lord will help me to come to you soon.

**Matthew 25:21** The master answered, 'You did well. You are a good and loyal servant. Because you were loyal with small things, I will let you care for much greater things. Come and share my joy with me.'

**EPAPHRODITUS** (Philippians 2:25-30)

He was a balanced Christian

**Philippians 2:25** Epaphroditus, my brother in Christ, works and serves with me in the army of Christ. When I needed help, you sent him to me. I think now that I must send him back to you,

He was a burdened Christian

**Philippians 2:26-27, 30** because he wants very much to see all of you. He is worried because you heard that he was sick. <sup>27</sup> Yes, he was sick, and nearly died, but God had mercy on him and me too so that I would not have more sadness.

<sup>30</sup> because he almost died for the work of Christ. He risked his life to give me the help you could not give in your service to me.

He was a blessed Christian

**Philippians 2:28-30** I want very much to send him to you so that when you see him you can be happy, and I can stop worrying about you. <sup>29</sup> Welcome him in the Lord with much joy. Give honor to people like him, <sup>30</sup> because he almost died for the work of Christ. He risked his life to give me the help you could not give in your service to me.

**1 Thessalonians 5:12-13** Now, brothers and sisters, we ask you to appreciate those who work hard among you, who lead you in the Lord and teach you. <sup>13</sup> Respect them with a very special love because of the work they do.

## **LEARNING HOW TO COUNT** (Philippians 3:1-11)

**1 Timothy 6:17** Command those who are rich with things of this world not to be proud. Tell them to hope in God, not in their uncertain riches. God richly gives us everything to enjoy.

**Luke 12:15** Then Jesus said to them, "Be careful and guard against all kinds of greed. Life is not measured by how much one owns."

Works of Righteousness

**Philippians 3:1-3** My brothers and sisters, be full of joy in the Lord. It is no trouble for me to write the same things to you again, and it will help you to be more ready. <sup>2</sup> Watch out for those who do evil, who are like dogs, who demand to cut the body. <sup>3</sup> We are the ones who are truly circumcised. We worship God through his Spirit, and our pride is in Christ Jesus. We do not put trust in ourselves or anything we can do,

**Ephesians 2:8-10** I mean that you have been saved by grace through believing. You did not save yourselves; it was a gift from God. <sup>9</sup> It was not the result of your own efforts, so you cannot brag about it. <sup>10</sup> God has made us what we are. In Christ Jesus, God made us to do good works, which God planned in advance for us to live our lives doing.

**Titus 3:3-7** In the past we also were foolish. We did not obey, we were wrong, and we were slaves to many things our bodies wanted and enjoyed. We spent our lives doing evil and being jealous. People hated us, and we hated each other. <sup>4</sup> But when the kindness and love of God our Savior was shown, <sup>5</sup> he saved us because of his mercy. It was not because of good deeds we did to be right with him. He saved us through the



washing that made us new people through the Holy Spirit. <sup>6</sup> God poured out richly upon us that Holy Spirit through Jesus Christ our Savior. <sup>7</sup> Being made right with God by his grace, we could have the hope of receiving the life that never ends.

**Romans 7:18** Yes, I know that nothing good lives in me—I mean nothing good lives in the part of me that is earthly and sinful. I want to do the things that are good, but I do not do them.

## The Example

**Philippians 3:4-6** although I might be able to put trust in myself. If anyone thinks he has a reason to trust in himself, he should know that I have greater reason for trusting in myself. <sup>5</sup> I was circumcised eight days after my birth. I am from the people of Israel and the tribe of Benjamin. I am a Hebrew, and my parents were Hebrews. I had a strict view of the law, which is why I became a Pharisee. <sup>6</sup> I was so enthusiastic I tried to hurt the church. No one could find fault with the way I obeyed the law of Moses.

## Faith Righteousness

### Paul's losses

**Philippians 3:7** Those things were important to me, but now I think they are worth nothing because of Christ.

### Paul's gains

**Philippians 3:8-11** Not only those things, but I think that all things are worth nothing compared with the greatness of knowing Christ Jesus my Lord. Because of him, I have lost all those things, and now I know they are worthless trash. This allows me to have Christ <sup>9</sup> and to belong to him. Now I am right with God, not because I followed the law, but because I believed in Christ. God uses my faith to make me right with him. <sup>10</sup> I want to know Christ and the power that raised him from the dead. I want to share in his sufferings and become like him in his death. <sup>11</sup> Then I have hope that I myself will be raised from the dead.

*"He is no fool who gives what he cannot keep to gain that which he cannot lose"*

**2 Corinthians 5:21** Christ had no sin, but God made him become sin so that in Christ we could become right with God.

**Galatians 2:20** I was put to death on the cross with Christ, and I do not live anymore—it is Christ who lives in me. I still live in my body, but I live by faith in the Son of God who loved me and gave himself to save me.

## LET'S WIN THE RACE! (Philippians 3:12-16)

### Dissatisfaction

**Philippians 3:12-13a** I do not mean that I am already as God wants me to be. I have not yet reached that goal, but I continue trying to reach it and to make it mine. Christ wants

me to do that, which is the reason he made me his. <sup>13</sup> Brothers and sisters, I know that I have not yet reached that goal,

#### Devotion

**Philippians 3:13b but there is one thing I always do.**

**James 1:7-8** Such doubters are thinking two different things at the same time, and they cannot decide about anything they do. They should not think they will receive anything from the Lord.

#### Direction

**Philippians 3:13c Forgetting the past and straining toward what is ahead,**

#### Determination

**Philippians 3:14 I keep trying to reach the goal and get the prize for which God called me through Christ to the life above.**

You won't win an Olympic medal by just watching lectures, watching movies, reading books or cheering at the games. You must get into the game and be determined to win!

**John 15:5** "I am the vine, and you are the branches. If any remain in me and I remain in them, they produce much fruit. But without me they can do nothing.

**1 Timothy 4:7-8** But do not follow foolish stories that disagree with God's truth, but train yourself to serve God. <sup>8</sup> Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.

**1 Corinthians 9:24-27** You know that in a race all the runners run, but only one gets the prize. So run to win! <sup>25</sup> All those who compete in the games use self-control so they can win a crown. That crown is an earthly thing that lasts only a short time, but our crown will never be destroyed. <sup>26</sup> So I do not run without a goal. I fight like a boxer who is hitting something—not just the air. <sup>27</sup> I treat my body hard and make it my slave so that I myself will not be disqualified after I have preached to others.

#### Discipline

**Philippians 3:15-16 All of us who are spiritually mature should think this way, too. And if there are things you do not agree with, God will make them clear to you. <sup>16</sup> But we should continue following the truth we already have.**

The Bible is full of stories of people who started successfully, but never finished. That happened to Lot, Samson, Saul, and Ananias and Sapphira. And it could happen to us.

**Hebrews 12:2** Let us look only to Jesus, the One who began our faith and who makes it perfect. He suffered death on the cross. But he accepted the shame as if it were nothing because of the joy that God put before him. And now he is sitting at the right side of God's throne.

## LIVING IN THE FUTURE TENSE (Philippians 3:17-21)

**Philippians 3:17-21** Brothers and sisters, all of you should try to follow my example and to copy those who live the way we showed you.<sup>18</sup> Many people live like enemies of the cross of Christ. I have often told you about them, and it makes me cry to tell you about them now.<sup>19</sup> In the end, they will be destroyed. They do whatever their bodies want, they are proud of their shameful acts, and they think only about earthly things.<sup>20</sup> But our homeland is in heaven, and we are waiting for our Savior, the Lord Jesus Christ, to come from heaven.<sup>21</sup> By his power to rule all things, he will change our humble bodies and make them like his own glorious body.

**Colossians 3:2** Think only about the things in heaven, not the things on earth.

**Mark 8:36** It is worthless to have the whole world if they lose their souls.

### Our Names Are Written In Heaven

**Luke 10:20** But you should not be happy because the spirits obey you but because your names are written in heaven.”

### We Speak Heaven’s Language

**1 John 4:5-6** And they belong to the world, so what they say is from the world, and the world listens to them.<sup>6</sup> But we belong to God, and those who know God listen to us. But those who are not from God do not listen to us. That is how we know the Spirit that is true and the spirit that is false.

**Colossians 4:6** When you talk, you should always be kind and pleasant so you will be able to answer everyone in the way you should.

**Ephesians 4:29** When you talk, do not say harmful things, but say what people need—words that will help others become stronger. Then what you say will do good to those who listen to you.

### We Obey Heaven’s Laws

### We Are Loyal To Heaven’s Cause

**Romans 5:8** But God shows his great love for us in this way: Christ died for us while we were still sinners.

**Galatians 6:14** I hope I will never brag about things like that. The cross of our Lord Jesus Christ is my only reason for bragging. Through the cross of Jesus my world was crucified, and I died to the world.

### We Are Looking For Heaven’s Lord

**Hebrews 12:2** Let us look only to Jesus, the One who began our faith and who makes it perfect. He suffered death on the cross. But he accepted the shame as if it were nothing

because of the joy that God put before him. And now he is sitting at the right side of God's throne.

**1 John 2:17** The world and everything that people want in it are passing away, but the person who does what God wants lives forever.

## **YOU DON'T HAVE TO WORRY! (Philippians 4:1-9)**

**Philippians 4:1-5** My dear brothers and sisters, I love you and want to see you. You bring me joy and make me proud of you, so stand strong in the Lord as I have told you. <sup>2</sup> I ask Euodia and Syntyche to agree in the Lord. <sup>3</sup> And I ask you, my faithful friend, to help these women. They served with me in telling the Good News, together with Clement and others who worked with me, whose names are written in the book of life. <sup>4</sup> Be full of joy in the Lord always. I will say again, be full of joy. <sup>5</sup> Let everyone see that you are gentle and kind. The Lord is coming soon.

### Right Praying

**Philippians 4:6-7** Do not worry about anything, but pray and ask God for everything you need, always giving thanks. <sup>7</sup> And God's peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.

*"Worry"* means to be pulled in different directions. Our hope pulls us in one direction. Our fear pulls us in the other direction.

**Hebrews 5:7** While Jesus lived on earth, he prayed to God and asked God for help. He prayed with loud cries and tears to the One who could save him from death, and his prayer was heard because he trusted God.

### Right Thinking

**Philippians 4:8** Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.

**2 Corinthians 10:5** and every proud thing that raises itself against the knowledge of God. We capture every thought and make it give up and obey Christ.

Whatever is good and worthy of praise  
Whatever is true  
Whatever is honorable and right  
Whatever is pure, beautiful, and respected

### Right Living

**Philippians 4:9** Do what you learned and received from me, what I told you, and what you saw me do. And the God who gives peace will be with you.

**James 3:17** But the wisdom that comes from God is first of all pure, then peaceful, gentle, and easy to please. This wisdom is always ready to help those who are troubled and to do good for others. It is always fair and honest.

**James 1:22** Do what God's teaching says; when you only listen and do nothing, you are fooling yourselves.

## **THE SECRET OF CONTENTMENT (Philippians 4:10-23)**

A **thermometer** doesn't change anything around it. It just shows what the temperature is. It's always going up and down.

A **thermostat** keeps the surrounding area at the right temperature, and changes the temperature when it needs to be changed.

### The Overruling Providence of God

**Philippians 4:10** I am very happy in the Lord that you have shown your care for me again. You continued to care about me, but there was no way for you to show it.

**Romans 8:28** We know that in everything God works for the good of those who love him. They are the people he called, because that was his plan.

**Psalms 32:8** The Lord says, "I will make you wise and show you where to go. I will guide you and watch over you."

### The Unfailing Power of God

**Philippians 4:11-13** I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. <sup>12</sup> I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. <sup>13</sup> I can do all things through Christ, because he gives me strength.

Paul's motto was "*I can ---- through Christ.*" That can be your motto too!

**John 15:5** I am the vine, and you are the branches. If any remain in me and I remain in them, they produce much fruit. But without me they can do nothing.

### The Unchanging Promise of God

1. A budding tree

**Philippians 4:10** I am very happy in the Lord that you have shown your care for me again. You continued to care about me, but there was no way for you to show it.

2. An investment

**Philippians 4:14-17** But it was good that you helped me when I needed it. <sup>15</sup> You Philippians remember when I first preached the Good News there. When I left Macedonia, you were the only church that gave me help. <sup>16</sup> Several times you sent me things I needed when I was in Thessalonica. <sup>17</sup> Really, it is not that I want to receive gifts from you, but I want you to have the good that comes from giving.

### 3. A sacrifice

**Philippians 4:18** And now I have everything, and more. I have all I need, because Epaphroditus brought your gift to me. It is like a sweet-smelling sacrifice offered to God, who accepts that sacrifice and is pleased with it.

**1 Peter 2:5** You also are like living stones, so let yourselves be used to build a spiritual temple—to be holy priests who offer spiritual sacrifices to God. He will accept those sacrifices through Jesus Christ.

**Romans 12:1-2** So brothers and sisters, since God has shown us great mercy, I beg you to offer your lives as a living sacrifice to him. Your offering must be only for God and pleasing to him, which is the spiritual way for you to worship. <sup>2</sup> Do not be shaped by this world; instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.

**Philippians 4:19-23** My God will use his wonderful riches in Christ Jesus to give you everything you need. <sup>20</sup> Glory to our God and Father forever and ever! Amen. <sup>21</sup> Greet each of God's people in Christ Jesus. Those who are with me send greetings to you. <sup>22</sup> All of God's people greet you, particularly those from the palace of Caesar. <sup>23</sup> The grace of the Lord Jesus Christ be with you all.

## PUTTING PHILIPPIANS TO WORK

1. Surrender your mind to the Lord at the beginning of each day
2. Let the Holy Spirit renew your mind through the Word.
3. As you pray, ask God to give you that day a single mind, a submissive mind, a spiritual mind, a secure mind.
4. During the day "mind your mind"
5. Guard the gates of your mind
6. Remember that your joy is not meant to be a selfish thing; it is God's way of glorifying Christ and helping others through you.