

Philippians 4 • Lives of Joy, Gentleness, and Peace

¹ 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.

¹⁰ I rejoiced in the Lord greatly that now at

For Class & Family Discussion:

- ▶ “Therefore ... stand firm thus in the Lord” (4:1). With “therefore,” the apostle Paul is looking back on what he has said previously in this letter. What do you think he means by “stand firm thus in the Lord”? What is it going to look like when a disciple of Jesus answers that call?
- ▶ What can we know about Euodia and Syntyche (4:2-3)? Why would Paul tell them not just to “agree,” but to “agree in the Lord”? What does that mean and what difference does “in the Lord” make?
- ▶ Again, Paul doesn’t just say “rejoice.” He tells us to “rejoice in the Lord always” (4:4). How can any of us really do that?
- ▶ What is “reasonableness” (4:5)? Why should disciples of Jesus be known as “reasonable” people?
- ▶ In everyday terms, how can the peace of God “guard” our hearts and our minds (4:7)?

length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³ I can do all things through him who strengthens me.

¹⁴ Yet it was kind of you to share my trouble. ¹⁵ And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. ¹⁶ Even in Thessalonica you sent me help for my needs once and again. ¹⁷ Not that I seek the gift, but I seek the fruit that increases to your credit. ¹⁸ I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. ¹⁹ And my God will supply every need of yours according to his riches in glory in Christ Jesus. ²⁰ To our God and Father be glory forever and ever. Amen.

²¹ Greet every saint in Christ Jesus. The brothers who are with me greet you. ²² All the saints greet you, especially those of Caesar's household.

²³ The grace of the Lord Jesus Christ be with your spirit.

For Class & Family Discussion:

- ▶ How can “prayer and supplication with thanksgiving” help us when we’re feeling anxious (4:6)? Why do you think God cares whether or not we feel anxious about things?
- ▶ Let’s think through that list of what we ought to think about in 4:8. Does thinking about those things really make that big of a difference in everyday life? And what is it going to look like to “practice these things”?
- ▶ In your own words, what does it mean to be “content” (4:11)? Why do we sometimes find it challenging to be content?
- ▶ **Philippians 4:13** is a very well known verse, but let’s think about its context. What does Paul mean?
- ▶ **Philippians 4:22** contains an incredible detail. What does it teach us about who can and should live as a citizen of heaven?