

# *Love Letters*

## **Philippians 4**

Christ must be at the center of the believer's life for there to be experiential joy in the journey. We see in the conclusion of his letter an appeal for three essentials to joy: maintaining unity, choosing the right thoughts & heartfelt giving—all of which, when present, will result in God's blessing.

### **Read Philippians 4**

#### **Joy in Our Attitude ~**

1. How does the apostle describe his affection for these believers? (vs 1) What does he exhort them to do?
  
2. Next Paul singles out two women whose disagreement was causing discord in the body. Who are they & what does he implore them to do? (vs 2)
  - a. Who does Paul call upon to help these women solve their issues? (vs 3) What does this tell you about the importance of the body of believers working together to maintain unity?
  
3. What are the specific points that can help us deal with worry? (vs 6) (See the clue to help you define them.)
  - a. Prayer (think about your approach to God)—
  - b. Supplication (specific petition)—
  - c. Thanksgiving (heart attitude)—
  - d. When we follow this simple template, of what does Paul say we are assured? (vs 7)

#### **Joy in Our Thoughts ~**

##### **Reread Philippians 4:8–9**

He further implies in vs 8–9 that right thinking leads to right living. Finally, brethren, whatever things are true—noble—just—pure—lovely—of good report—meditate on these things. For the exercise today, instead of defining the words, challenge yourself to write down an example of each (a brief definition as it pertains to the text is given for you to consider).

1. Whatever things are true (the opposite of dishonest or untrustworthy):
2. Whatever things are noble (dignified; worthy of respect; high opinion):
3. Whatever things are just (right—in conformity to God's standard):
4. Whatever things are pure (wholesome; uncontaminated; clean):
5. Whatever things are lovely (that which promotes peace rather than conflict):
6. Whatever things are of good report (admirable—what is positive rather than negative):
7. If there is anything praiseworthy (meriting praise; highly commendable):
8. Meditating on these things coupled with following Paul's example of them will result in what for the believer? (vs 9)

## **Joy in Our Giving ~**

### **Reread Philippians 4:10–23**

1. What life lesson(s) had Paul learned (vs 10–13)?
  - a. Vs 11:
  - b. Vs 12:
  - c. Vs 13:
2. Why does Paul single out this church for special commendation? (vs 14–16)
  - a. Blessed by their gift, what did Paul want for these believers? (vs 17)?
3. In addition to meeting his financial need, what did Paul want their gift to reflect? (vs 18)
4. According to what measure would God return the blessing to them? (vs 19)

## **Christ in Me ~**

I can do all things through Christ who strengthens me (4:13).

1. Throughout Paul's life, there is only one person whom he credited with strengthening him; who was it? What did he enable Paul to do? (See 1 Timothy 1:12)
2. Paul prayed for this same ability for all believers in Ephesians 3:16. Look back at this verse, record what it says & realize it applies to you.
3. 2 Corinthians 12:9–10 holds the key to secret strength; what is it? Why is it so?

Remember that Christ's strength in you is not only sufficient—it is perfected in you through your weakness.

## **In Touch with Jesus ~**

1. **LISTEN:** In what way did the Lord Jesus meet you in His Word this week? Be specific.
2. **LEARN:** How can you apply this understanding to your daily Christian walk?
3. **LIVE:** What step of obedience will you purpose to take in our walk of faith this week?