

Day 1

 Please pray for holy guidance and insight before you begin today's study.

¹ Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

 When reading Scripture and specifically after reading the word “therefore”, my mentor would always ask: what is the word “therefore” there for? Generally, “therefore” seems to indicate a forthcoming concluding comment.

Q1. Thinking back to the end of chapter 3, what topic was Paul addressing?

Q2. “How . . . should [we] stand firm in the Lord”? (Expand upon your answer to Question 1.)

Q3. Why does Paul refer to the Philippians as “my . . . crown”?

Lesson 4: Philippians 4:1-23

² I plead with Euodia [Ē-ō-dī-ă] and I plead with Syntyche [Sīn-tīk] to agree with each other in the Lord.

 “Of Euodia and Syntyche nothing is known. Many strange attempts have been made to find symbolism in these names. Evidently, they were women of note, leaders at Philippi, where, we may remember, the gospel was first preached to women (Acts 16:13 ↓), and the church first formed in [Lydia]’s house (Acts 16:14-15 ↓; Acts 16:40 ↓).” [©about 1880, Ellicott’s Commentary for English Readers, edited by Charles J Ellicott. <https://biblehub.com/commentaries/philippians/4-2.htm>]

Q4. We know from reading Scripture that Paul makes a distinction between fundamental and inconsequential teachings [e.g., see [StudySheet Lesson 3: Philippians 3:1-21](#); pages 10-11]. Based on Paul’s response, was the subject of their argument about a fundamental or inconsequential teaching?

Q5. Why was Paul so concerned about an argument between two deaconesses [©1834, *Notes on the Bible* by Albert Barnes. <https://biblehub.com/commentaries/philippians/4-2.htm>] of the Philippian church so that he needed to address it in his letter?

 Sometimes our pride, our ego gets in the way. You’re wrong, I’m right! We are reminded to take matters of all kinds – fundamental and inconsequential – to the LORD in prayer. Sometimes, God will answer with an epiphany (“[a sudden insight or intuitive understanding](#)”); sometimes God will expect us to read His Scriptures for His answer; and sometimes God will delay an answer. Always remember the [Acts 17:11 passage](#). We must also remember that in [John 17](#), Jesus stresses unity: we must be unified in the foundational beliefs of our faith and we must not allow inconsequential teachings to divide us. We must demonstrate love, mercy, compassion, and service to Believers and non-believers. The Church should be our safe-haven, our sanctuary, the safe-place where we Believers can go to recharge, refresh, learn, and be encouraged before we again return to our ministries in the world that Satan gleefully keeps stirred-up.

 Had the argument between Euodia and Syntyche been a fundamental or foundational disagreement, Paul would have corrected the error through this letter. While we do not know what the inconsequential matter was, we do know that Paul expected the two deaconesses to overcome their dispute. In the next several verses Paul discusses prayer and he expected the church (and Euodia and Syntyche) to pray about the divisiveness, recall his teachings, apply the fundamental principles, and to put it behind them. Euodia and Syntyche were prominent in the Philippian Church and undoubtedly some members of the church would align with one or the other; Paul did not want the church of Christ Jesus to divide over a minor, inconsequential matter.

Acts 16:12-15 [NIV-1984]

¹² From there we traveled to Philippi, a Roman colony and the leading city of that district of Macedonia. And we stayed there several days.

¹³ On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there.

¹⁴ One of those listening was a woman named Lydia, a dealer in purple cloth from the city of Thyatira, who was a worshiper of God. The Lord opened her heart to respond to Paul’s message.

Lesson 4: *Philippians 4:1-23*

¹⁵ When she and the members of her household were baptized, she invited us to her home. "If you consider me a believer in the Lord," she said, "come and stay at my house." And she persuaded us.

Acts 16:40 [NIV-1984]

After Paul and Silas came out of the prison, they went to Lydia's house, where they met with the brothers and encouraged them. Then they left.

Day 2

 Please pray for holy guidance and insight before you begin today's study.

^{3a} Yes, and I ask you, loyal yokefellow, ^{3b} help these women who have contended at my side in the cause of the gospel, ^{3c} along with Clement and the rest of my fellow workers, ^{3d} whose names are in the book of life.

Q6. Verse 3^a: How do you define "loyal yokefellow"?

Q7. Verse 3^b: At a time in the past, what service did Euodia and Syntyche provide?

Q8. Verse 3^c: Were Euodia and Syntyche alone in their service?

Q9. Verse 3^d: What is "the Book of Life"?

Lesson 4: Philippians 4:1-23

Revelation 3:5 [NIV-1984]

He who overcomes will, like them, be dressed in white. I will never blot out his name from the book of life, but will acknowledge his name before my Father and his angels.

Revelation 13:8 [NIV-1984]

All inhabitants of the earth will worship the beast — all whose names have not been written in the book of life belonging to the Lamb that was slain from the creation of the world.

Revelation 17:8b [NIV-1984]

The inhabitants of the earth whose names have not been written in the book of life from the creation of the world will be astonished when they see the beast, because he once was, now is not, and yet will come.

Revelation 20:11-15 The Great White Throne Judgment [NIV-1984]

¹¹ Then I saw a great white throne and him who was seated on it. Earth and sky fled from his presence, and there was no place for them. ¹² And I saw the dead, great and small, standing before the throne, and books were opened. Another book was opened, which is the book of life. The dead were judged according to what they had done as recorded in the books. ¹³ The sea gave up the dead that were in it, and death and Hades gave up the dead that were in them, and each person was judged according to what he had done. ¹⁴ Then death and Hades were thrown into the lake of fire. The lake of fire is the second death. ¹⁵ If anyone's name was not found written in the book of life, he was thrown into the lake of fire.

Revelation 21:27 The New Jerusalem [NIV-1984]

Nothing impure will ever enter it [The New Jerusalem], nor will anyone who does what is shameful or deceitful, but only those whose names are written in the Lamb's book of life.

⁴ Rejoice in the Lord always. I will say it again: Rejoice!



Paul uses the word “joy” six times in this letter and the word “rejoice” six times. Verse 4 is a continuation of verse 1. Verses 2 & 3 were a necessary interruption in this mostly encouraging, joyful letter to his beloved Philippian church-goers.

⁵ Let your gentleness be evident to all. The Lord is near.

Q10. Why was it important for Paul to remind the Philippian church-goers to be “gentle”?

Q11. When Paul writes “Let your gentleness be evident to all”, who does “all” represent?

Lesson 4: Philippians 4:1-23

Q12. Paul then wrote, “The Lord is near”. How does the dictionary define ‘omnipresent’?

Job 34:21-22 [NIV-1984]

²¹ "His eyes are on the ways of men; he sees their every step. ²² There is no dark place, no deep shadow, where evildoers can hide.

Proverbs 15:3 [NIV-1984]

³ The eyes of the Lord are everywhere, keeping watch on the wicked and the good.

Jeremiah 23:23-24 [NIV-1984]

²³ “Am I only a God nearby,” declares the Lord, “and not a God far away? ²⁴ Can anyone hide in secret places so that I cannot see him?” declares the Lord. “Do not I fill heaven and earth?” declares the Lord.

Hebrews 4:13 [NIV-1984]

¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Day 3

 Please pray for holy guidance and insight before you begin today's study.

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Q13. How do you personally overcome anxiety? [If you are participating in a group study, others may benefit from your examples.]

1st Peter 5:7 [NIV-1984]

Cast all your anxiety on him because he cares for you.

Lesson 4: Philippians 4:1-23

Psalm 33:4 [NIV-1984]

For the word of the Lord is right and true; he is faithful in all he does.

Q14. Who is an intercessor-in-prayer?

Romans 8:25-27 [NIV-1984]

²⁵ But if we hope for what we do not yet have, we wait for it patiently. ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

Romans 8:34b [NIV-1984]

Christ Jesus, who died — more than that, who was raised to life — is at the right hand of God and is also interceding for us.

Hebrews 7:25 [NIV-1984]

Therefore, he is able to save completely those who come to God through him, because he always lives to intercede for them.

Q15. How does the dictionary define Prayer? And Supplication?

Prayer?

Supplication?

Q16. When are we asked to pray with “thanksgiving”?

1st Timothy 2:1 [NIV-1984]

I urge, then, first of all, that requests, prayers, intercession, and thanksgiving be made for everyone

Psalm 69:30 [NIV-1984]

I will praise God's name in song and glorify him with thanksgiving.

Psalm 100:4-5 [NIV-1984]

⁴ Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. ⁵ For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Lesson 4: *Philippians 4:1-23*

Day 4

 Please pray for holy guidance and insight before you begin today's study.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Q17. How do you personally find “the peace of God”? Would you share your thoughts with others?

Ephesians 6:10-18 [J.B. Phillips New Testament (PHILLIPS)] [A paraphrase] [The Armor of God]

¹⁰⁻¹⁸ In conclusion, be strong — not in yourselves but in the Lord, in the power of his boundless resource. Put on God's complete armour so that you can successfully resist all the devil's methods of attack. For our fight is not against any physical enemy: it is against organisations and powers that are spiritual. We are up against the unseen power that controls this dark world, and spiritual agents from the very headquarters of evil.

Therefore, you must wear the whole armour of God that you may be able to resist evil in its day of power, and that even when you have fought to a standstill you may still stand your ground. Take your stand then with truth as your belt, righteousness your breastplate, the Gospel of peace firmly on your feet, salvation as your helmet, and in your hand the sword of the Spirit, the Word of God. Above all, be sure you take faith as your shield, for it can quench every burning missile the enemy hurls at you. Pray at all times with every kind of spiritual prayer, keeping alert and persistent as you pray for all Christ's men and women.

Q18. How do we, who believe in the saving grace of Christ Jesus, “guard [our] hearts and [our] minds in Christ Jesus”?

Lesson 4: Philippians 4:1-23

 Many Christians seem to be at ‘war’ with today’s culture. Please keep this comment in mind when answering the next four questions.

Q19. Did Christ Jesus actively confront religious leaders? Why?

Yes? } Why?
No?

Q20. Are we, who believe, to confront sin within the church [please review [1 Corinthians 5:1-13 StudySheet](#)]?

Yes? } Why?
No?

Q21. How should we confront sin amongst unbelievers [please review [1 Corinthians 5:1-13 StudySheet](#), specifically pages 7-9]?

Q22. Did Christ Jesus actively confront/condemn evil? Or did He demonstrate mercy and compassion to the sinners He encountered? How should we, who believe, act toward non-believers?

Confront evil?

Was He merciful toward sinners?

How should we act toward non-believers?

⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

Q23. Is it a form of prayer when we “think about such things”?

Yes? } Why?
No?

Lesson 4: *Philippians 4:1-23*

Q24. [Personal] Do you give thanks and praise when you look at your husband or your wife? Your children? Your parent? Your friend? Your boss? [It is difficult to do so, isn't it, for people and things that we take for granted.]

Yes? } Why?
No?

Day 5

 Please pray for holy guidance and insight before you begin today's study.

⁹ Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you.

Q25. Paul is asking the Philippians to emulate his example. Do you have traits that you would like observers to emulate? If yes, what?

Q26. Admittedly this is a difficult question: thinking back on the various judgments recorded in the Old Testament, is God really “the God of peace”? (Please, jot-down some brief thoughts)

Yes? } Why?
No?

Colossians 3:15 [NIV-1984]

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Lesson 4: Philippians 4:1-23

¹⁰ I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it.

Q27. Who brought news of the Philippian church, messages of concern and good will, and financial support to Paul in Rome?

 “The Philippians had sent to Paul some money help by Epaphroditus as we heard before in Chapter [2], and this gift he now acknowledges in a paragraph full of autobiographical interest which may be taken as a very model of the money relations between teachers and taught in the church. It is besides an exquisite illustration of the fineness and delicacy of Paul’s nature, and it includes large spiritual lessons.

“The stream of the Apostle’s thoughts takes three turns here. There is first the exuberant and delicate expression of his thanks, then, as fearing that they might misunderstand his joy in their affection as if it were only selfish gladness that his wants had been met, he gives utterance to his triumphant and yet humble consciousness of his Christ-given independence in, and of, all circumstances, and then feeling in a moment that such words, if they stood alone, might sound ungrateful, he again returns to thanks, but not for their gift so much as for the sympathy expressed in it.”
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<https://biblehub.com/commentaries/philippians/4-10.htm>]

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

Q28. [Personal] I daresay that no one in today’s world has suffered the deprivations that Paul experienced [Acts 11:22-27 (↓)] as he advanced the Gospel of Christ Jesus. What comforts have you given up to advance the Gospel of Christ Jesus?

Acts 11:22-27 [(NIV-1984)]

²² What anyone else dares to boast about – I am speaking as a fool – I also dare to boast about. Are they Hebrews? So am I. Are they Israelites? So am I. Are they Abraham’s descendants? So am I.

²³ Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. ²⁴ Five times I received from the Jews the forty lashes minus one. ²⁵ Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, ²⁶ I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the

Lesson 4: Philippians 4:1-23

country, in danger at sea; and in danger from false brothers. ²⁷ I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

¹³ I can do everything through him who gives me strength.

Q29. Who is the “him” to whom Paul refers?

Q30. How does Paul receive this “strength”?

Day 6



Please pray for holy guidance and insight before you begin today's study.

¹⁴ Yet it was good of you to share in my troubles.

Q31. The Philippians sent money to Paul via Epaphroditus. What else did they send?

Q32. What does the minister/pastor/church leader in your local church need from you in addition to financial support?

Lesson 4: *Philippians 4:1-23*

¹⁵ Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; ¹⁶ for even when I was in Thessalonica, you sent me aid again and again when I was in need.

Q33. Paul had expenses just like everyone: rent, food, and clothes. When he worked, he could not preach (although the work-conversations must have awesome!) What did the Philippians' gifts enable?

Acts 18:3-5 [The Message (MSG)] [A paraphrase]

³⁻⁴ Paul moved in with [Aquila and his wife, Priscilla], and they worked together at their common trade of tentmaking. But every Sabbath he was at the meeting place, doing his best to convince both Jews and Greeks about Jesus.

⁵ When Silas and Timothy arrived from Macedonia, Paul was able to give all his time to preaching and teaching, doing everything he could to persuade the Jews that Jesus was in fact God's Messiah.

¹⁷ Not that I am looking for a gift, but I am looking for what may be credited to your account.

Q34. Our names are written in the Book of Life as a result of our belief in Him and the indwelling Holy Spirit (Eph 1:13-14). How do you explain Paul's words "I am looking for what may be credited to your account"?

Daniel 7:9-10 [NIV-1984]

⁹ "As I looked, 'thrones were set in place, and the Ancient of Days took his seat. His clothing was as white as snow; the hair of his head was white like wool. His throne was flaming with fire, and its wheels were all ablaze. ¹⁰ A river of fire was flowing, coming out from before him. Thousands upon thousands attended him; ten thousand times ten thousand stood before him. The court was seated, and the books were opened.' "

Lesson 4: Philippians 4:1-23

Matthew 12:36-37 [NIV-1984]

³⁶“But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. ³⁷For by your words you will be acquitted, and by your words you will be condemned.”

Luke 16:1-9 [NIV-1984] [An allegory]

¹Jesus told his disciples: “There was a rich man [God] whose manager [you or me] was accused of wasting his possessions. ²So he called [the manager] in and asked . . . , ‘What is this I hear about you? Give an account of your management . . . !’

Romans 14:11-12 [NIV-1984]

¹¹It is written: “ ‘As surely as I live,’ says the Lord, ‘every knee will bow before me; every tongue will confess to God.’ ” ¹²So then, each of us will give an account of himself to God.

See also Revelation 20:11-15 [reproduced on page 4 (↑), for references to the Book of Life.]

¹⁸I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.

Q35. Paul is beyond satiated. He is so grateful to the Philippians and he commends them for their gifts. Why might these gifts be an “offering . . . [a] sacrifice”?

Ephesians 5:1-2 [NIV-1984]

⁵Be imitators of God, therefore, as dearly loved children ²and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Lesson 4: Philippians 4:1-23

¹⁹ And my God will meet all your needs according to his glorious riches in Christ Jesus.

²⁰ To our God and Father be glory for ever and ever. Amen.

²¹ Greet all the saints in Christ Jesus. The brothers who are with me send greetings.

²² All the saints send you greetings, especially those who belong to Caesar's household.

Q36. Verse 22: We know that the Roman Caesar himself did not believe in God. Did Paul successfully minister to some of the staff of Caesar's household?

Yes? } Why?
No?

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

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