

PHILIPPIANS 4a
HOW TO WORRY – DON'T
Or “Don't worry... be happy”

Philippians 4:1 Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.

- Can't you just hear the closeness that the Apostle had with these fellow believers in Philippi? His defenses that we have read in other letters are down and his spirits are up!
- He calls them dearly loved... Brothers... Longed for... His joy and crown...
- It sounds like if he could Paul would nominate the Philippians for congregation of the year, right?
- But... they still had some issues...

EXHORTATION, ENCOURAGEMENT, AND PRAYER

2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord.

- We know nothing about Euodia and Syntyche except that they were squabbling and that their disagreement was disrupting the church.
- Notice that the Apostle DOES NOT attempt to settle the matter.
- His exhortation is to change their minds about being right and to move forward together.
- For all eternity now, Euodia and Syntyche will be known as the Philippian fighters.
 - They probably corrected each other in public.
 - They probably slammed doors to make a point.
 - They probably pouted... They were passive aggressive... They were distracting to others and got others involved in their disputes.
 - They were NOT on Paul's list of dearly beloved and longed for and neither will WE BE if we behave like them.

CHURCH LADIES

3 And I urge you also, true companion, (*KJV - Yokefellow*) help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.

- There is a tradition, NOT biblical, that this “True companion MIGHT be the Philippian Jailor” who had accepted the Lord back when God destroyed the jail that Paul and Silas were being held in. ACTS 16
 - It WOULD be a completed circle that the man who once held Paul in a “Yoke” in prison was now “Yoked together” with him in the ministry, right?
- In contrast to the “Famous Fighters of Philippi,” Clement gets a call out for being helpful to restore peace in the quarrel between Euodia & Syntyche. How much better to be recognized for THAT rather than to be remembered as a disruption.
 - Another important point is to notice the women who played such a vital role in the early church... Do you know what? THEY STILL DO!
 - From day one in His ministry Jesus had Faithful women on His ministry team, and so did the Apostle Paul. He gives them a shout out here.
 - I echo his accolades. Thank You ladies of CCSV!

THE CURE FOR DISCORD

4 Rejoice in the Lord always. Again I will say, rejoice!

- “I am glad that we do not know what the quarrel was about; I am usually thankful for ignorance on such subjects; - but as a cure for disagreements, the apostle says, ‘Rejoice in the Lord always.’ People who are very happy, especially those who are very happy in the Lord, are not apt either to give offense or to take offense. Their minds are so sweetly occupied with higher things, that they are not easily distracted by the little troubles which naturally arise among such imperfect creatures as we are. Joy in the Lord is the cure for all discord.” (**Spurgeon**)
- CCSV, the best way that we can avoid discord and squabbling is to rejoice in the Lord always! WHY? Because rejoicing brings gentleness...

5 Let your gentleness (**moderation**) be known to all men. The Lord is at

hand. (Coming soon)

- **QUESTION:** When did Paul expect that Jesus was going to return?
 - **ANSWER:** At any moment!
 - When do YOU expect Jesus to return?
 - **SO... Do not squabble – BE READY for the return of Jesus!**
 - Waiting for the return of Jesus has a purifying effect on His Church.

1 John 3:2 Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. **3** And everyone who has this hope in Him purifies himself, just as He is pure.

- A few years ago, Lynette and I were leaving on a long trip. We had arranged for a car service to pick us up and drive us to L.A.X. We had company... I got distracted talking and all of a sudden there is a knock on the door - and it is time to go... **“RIGHT NOW” Lynette said.** I had not finished packing... I regretted that the entire trip... I had to buy clothes the entire trip and they just didn't fit right... **LESSON TO LEARN – BE READY! Jesus is coming soon!**

HOW TO WORRY – DON'T

6 Be anxious for nothing, 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 minds through Christ Jesus.

- I see some advanced Christianity in these verses... If you look carefully you will notice that the answer to MOST of our prayers is NOT more money... NOT less problems... It is NOT that we live long and prosper... THE ANSWER to most of our prayers are the five first words of **V7 – “And the peace of God...”**
 - It is better than understanding the WHY we sometimes ask.
 - It guards my heart much better than \$
 - The peace of God puts my mind at rest! HOW?
 - Through what Jesus Christ has done for me.

THINGS TO MEDITATE ON

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

- **COURSON** - Again, the theme of Paul's epistle to the Philippians is that the key to experiencing joy in your heart is to have the right thoughts in your mind. So how are we to think? Here's how: Think on things that are true, honest, just, pure, lovely, of good report, virtuous, and praiseworthy.
- Too many of us have become convinced that there is an element of maturity involved in allowing ourselves to be involved in the sin of...WORRY. In my Matthew 6 teaching we learned 16 lies about worry. Here are a few...

1. If you can imagine something bad happening, it's your duty to worry about it!
2. Avoid uncertainty — you need to know for sure!
3. All your negative thoughts are really true!
4. Anything bad that could happen is a reflection of you as a person!
5. Failure is unacceptable!
6. Treat everything like an emergency!
7. If others don't worry for themselves, it's your duty to worry for them!
8. People who don't worry are just not concerned!
9. "Should," "must," "ought to," "need to," and "What if..." are essential in your vocabulary.
10. You must worry about and regret your past actions
11. Gather information to confirm your worst fears
12. Put things off
13. You must ruminate and think about the same things over and over
14. Check and recheck
15. Live in the future
16. Doubt is good (NO It's NOT) It MIGHT even be sinful.

PAUL BEGINS TO TEACH THEM TO TRUST IN THE LORD

9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

- Remember in the famous exhortation to Timothy in **1 Timothy 4:12** Paul told Timothy to be an example to the people he was ministering to. **Listen...**

- Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. **1 Timothy 4:12**

Last week we ended with the stark truth that WE were someone's example. Somebody, maybe a lot of people are watching all of us.

SO... Be an example of a believer who is not locked up in fear.

Be an example of someone who when faced with impossible odds, says "I know that God's got this..."

Let people hear you say, "God has never failed me yet and THIS trial will not be the first time in history that He has let His people down."

When we finish this book next week, we will leave here saying, "I can do all things through Christ who strengthens me!"

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