



GLC  PRESENTS:

JOY FOR ALL SEASONS

PHILIPPIANS: A BOOK STUDY

SESSION 5

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A. Christ our Strength

So far we have learned that in order to experience true joy in life we must follow Christ with **single minded** devotion.

- We do not fix our joy on circumstances that can change.
- We find our joy in who He is, what He has done and what He has promised He will do for us.

For me to live is _____
and to die is _____.

Then in Chapter 2 we learned that our joy will quickly disappear if we focus on ourselves and allow our pride to choke our humility.

- We must learn to think with a **submissive mind** that is servant-hearted and willing to sacrifice for others.
- Gladly enduring the cross of this current life so that we may enjoy the crown in the next

In Chapter 3 we discovered that if our joy is to remain, Christ must be our goal and our prize, we must cultivate a **spiritual mindset**.

- Here on earth we seek to know Him but there, **faith** will give way to sight.
- Here on earth we seek to grow in our love for Him and our likeness of Him but there, our **love** will be consummated.
- Here on earth we seek intimacy with Him but there, we will be with Him as **hope** gives way to reality.

Now there are times in all our lives when we have experienced this joy if we truly belong to Him.

- However, reality is few believers experience this kind of joy on a daily basis.
- Most live their lives as a series of ups and downs.

So the final challenge of this remarkable book is the **stable mind** and that can only be achieved when **Christ is our strength**.

“Therefore, my beloved brethren whom I long to see, my joy and crown, in this way stand firm in the Lord, my beloved.”

PHILIPPIANS 4:1

- We live in dark times but many believers do not attempt to prepare for battle until the battle is already upon them.
- Today many believers are simply not prepared for war:
 - They compromise under tribulation.
 - They complain under testing.
 - They capitulate under temptation.

If you want to experience joy of a victorious Christian life:

There are certain things you need to guard.

1 Corinthians 16:13-14; Ephesians 6:11; 2 Thessalonians 2:15

1. Guard your relationships. (Philippians 4:2–3)

Throughout our studies Paul has continually linked spiritual maturity with unity. People that love one another submissively, servant-heartedly and sacrificially will be peace makers.

The term “suzugos” is best understand as the name of one of the Christian men at Philippi, possibly an elder in the church.

- Barnabas =
- Philemon =
- Onesimus =
- Suzugos =

2. Guard your joy. (Philippians 4:4)

Once again he calls them to true joy. It is not a general call to rejoice but a very specific one, rejoice in the Lord.

a. Rejoice in His Sovereignty.

The Lord Jesus Christ has all authority. God has placed Him in control of everything that exists in the physical and the spiritual realms.

b. Rejoice in His Love.

He is not a whimsical God that loves one day and not the next. He loves us with...

- 1 John 4:8-10
- Romans 5:6-8
- Jeremiah 31:3

3. Guard your graciousness. (Philippians 4:5)

In verse 5 Paul tells them to stand firm with a gentle spirit. The Greek word cannot be translated easily word for word.

Different people have all tried to explain it over the years:

- To have a patience...
- To be sweetly reasonable, showing mercy...
- To be content with a gracious humility...

The truly mature Christian makes no demands, has no expectations and is content in any and every situation.

"...The Lord is near." – Philippians 4:5 the end of verse 5 Paul tells us how to achieve a gentle spirit.

4. Guard your prayer life. (Philippians 4:6-7)

The common theme with all these areas we need to guard is complete dependence upon Him and His strength. It is no different here as Paul reminds us to guard our prayer life.

- (Prayer)
- (Supplication)
- (Thanksgiving)

5. Guard your mind. (Philippians 4:8)

What we think about is important and will ultimately manifest itself in the way we act and what we become.

- 2 Corinthians 10:5
- Colossians 3:16

If our goal is to be conformed to the image of the Lord Jesus Christ we have got to clean up our thought life.

Guard Your Mind

True	Is it verified by the Word of God?
Humble	Is it worthy of respect?
Right	Is it in harmony with God's character and God's moral law?
Pure	Is it morally clean?
Lovely	Is it pleasing and attractive to God?
Good repute	Is it held in high regard?

“..if there is any excellence and if anything worthy of praise, dwell on these things.” – Philippians 4:8

- Verse 8 is summing up all the previous virtues in two words:

6. Guard your obedience. (Philippians 4:9)

In verse 9, Paul reminds us that if our minds are right it should show up in the way we act.

- (v2-5)
- (v6-8)
- (v9)

“...the God of peace will be with you.” – Philippians 4:9

**The truly mature Christian has a stable mind.
He will experience the peace of God and be guarded
by the God of peace.**

7. Guard your contentment.

We live in the most discontent society ever to walk the face of the earth. People today, enjoy more comfort and more stuff than any period of human history before them and **they are not content.**

- As Paul closes this letter he wants to thank the Philippians for their generous gift.
- But he also wants to add one final element to his message on standing firm.

a. The Sovereign Providence of God. (Philippians 4:10)

Paul knew that the Church in Philippi had problems of their own and that they had not been able to continue to support him.

b. The Sovereign Provision of God. (Philippians 4:11-12)

- Paul was convinced that his God could provide at any time whatever he needed. (v11)
- Paul lived his life in complete dependence upon the Lord. He did not place his joy in circumstances. (v12)

c. The Sovereign Power of God. (Philippians 4:13-18)

Truly Paul was a man who experienced joy in every season of life, regardless of the terrible circumstances he often had to endure.

- He was a man who enjoyed great joy.
- He was a man who enjoyed great peace.
- He was man who enjoyed great contentment.

d. The Sovereign Promise of God. (Philippians 4:19)

We do not make physical sacrifices at a temple but God does delight in our spiritual sacrifices.

- Romans 12:1-2
- Hebrews 13:15
- Hebrews 13:16
- Romans 15:16
- Philippians 4:18

Theology of Giving

1. It should be done from genuine concern.	v10
2. It should be done as God gives opportunity.	v10
3. It should be for those that serve God.	v14
4. It should be consistent.	v15–16
5. It should be generous.	v18
6. It should be an act of worship.	v18
7. It should be an act of faith.	v19

As Paul closes this incredible letter he has three simple thoughts on his mind:

- Philippians 4:20 Glory of God

- Philippians 4:21-22 Greetings

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- Philippians 4:23 Grace

“The religion of Christ is the religion of joy. Christ came to take away our sins, to roll off our curse, to unbind our chains, to open our prison house, to cancel our debt; in a word, to give us the oil of joy for mourning, the garment of praise for the spirit of heaviness. Is not this joy?”

“Where can we find a joy so real, so deep, so pure, so lasting? There is every element of joy – deep, ecstatic, satisfying, sanctifying joy – in the gospel of Christ. The believer in Jesus is essentially a happy man. The child of God is, from necessity, a joyful man.”

“His sins are forgiven, his soul is justified, his person is adopted, his trials are blessings, his conflicts are victories, his death is immortality, his future is a heaven of inconceivable, unthought-of, untold, and endless blessedness. With such a God, such a Savior, and such a hope, is he not, ought he not, to be a joyful man?”

OCTAVIUS WINSLOW

