



## 🕒 UPCOMING EVENTS & ANNOUNCEMENTS

- The Rainforest Vacation Bible School will be from June 7-June 11.
- As a reminder, this week will be the last Sunday we will be sending out Sermon questions and resources. I want to wish you all well as we break for the summer. Blessings!

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## 🕒 THIS WEEK

- **Pastor Walt is continuing our sermon series on Philippians. Let's now dive into our study of Philippians 4:1-23.**

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## 📖 STUDY the text

- 📖 **Let's begin by reading Isaiah 26:3-4, Matthew 6:25-26, Philippians 4:1-9, and 1 Peter 5:6-7.**

**Isaiah 26:3-4** You keep him in perfect peace whose mind is stayed on you, because he trusts in you. 4 Trust in the LORD forever, for the LORD GOD is an everlasting rock.

**Matthew 6:25-26** "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?"

**Philippians 4:1-9** 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.



**1 Peter 5:6-7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

**☰ Sermon Question 1:**

With so many things that can go wrong, why are we commanded to be anxious for nothing? How does anxiety reveal where our trust actually lies? According to Philippians 4:6–7, what role do prayer, thanksgiving, and trust play in overcoming anxiety?

**☰ Now let's continue by reading 1 Timothy 6:6–10 and Philippians 4:10–13.**

**1 Timothy 6:6-10** But godliness with contentment is great gain, 7 for we brought nothing into the world, and we cannot take anything out of the world. 8 But if we have food and clothing, with these we will be content. 9 But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. 10 For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.

**Philippians 4:10-13** I rejoiced in the Lord greatly that now at 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.

**☰ Sermon Question 2:**

How was Paul able to remain steady and joyful through both seasons of abundance and seasons of suffering? What is the difference between biblical contentment and the world's idea of happiness or success? What does Paul mean when he says, "I can do all things through Him who strengthens me," and how is this verse often misunderstood?

**☰ Finally let's read Malachi 3:10, 2 Corinthians 9:6–8 and Philippians 4:14–23.**

**Malachi 3:10** Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the LORD of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need.

**2 Corinthians 9:6-8** The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully. 7 Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver. 8 And God




is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

**Philippians 4:14-23** 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.


 **Sermon Question 3:**


What do these passages reveal about generosity, partnership in ministry, and the attitude believers should have toward giving? Why was the Philippians' support so meaningful to Paul? How can giving become an act of worship and spiritual fruit rather than merely a financial transaction?

 **LIVE the truth**

 Philippians 4 reminds us that spiritual stability is not found in perfect circumstances, but in a close walk with Christ. Take time to identify the things stealing your peace, fueling your anxiety, or distracting your heart from God. Bring those things before the Lord and ask Him to teach you contentment, trust, and deeper dependence on Him.

 **PRAYER Points**

 Pray for those in the group who are struggling with anxiety, discouragement, financial burdens, or spiritual weariness, that they would experience God's provision, comfort, and renewed strength.

 Pray that we would live with eternal perspective and unwavering confidence in God's faithfulness, learning like Paul to remain steady in both seasons of abundance and seasons of difficulty.



## **BIBLE Commentary for Philippians 4**

Paul now brings the letter toward its conclusion by focusing on what a stable and Christ-centered life looks like in practice. Throughout Philippians, Paul has emphasized joy, humility, perseverance, unity, and a heavenly perspective. In chapter 4, those themes become deeply practical.

The chapter moves from standing firm in the Lord, to overcoming anxiety through prayer, to learning contentment in every circumstance, and finally to generosity and trust in God's provision. At the center of it all is a life anchored in Christ rather than controlled by circumstances.

Paul writes these words while imprisoned, yet the chapter overflows with peace, joy, gratitude, and confidence in God. This gives tremendous weight to everything he says. His encouragement is not theoretical—it has been tested through suffering, uncertainty, and hardship.

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### **1. Standing Firm in the Lord (4:1–3)**

Paul begins tenderly: “Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord.”

This reveals both Paul's affection for the church and his concern for their stability. The Christian life is not passive. Believers are called to remain steadfast in the midst of pressure, opposition, temptation, and discouragement.

Paul then addresses a conflict between Euodia and Syntyche. Though little detail is given, the issue is serious enough for Paul to address publicly.

What stands out is Paul's approach. He urges both women “to agree in the Lord.” His focus is not on taking sides, but on restoring unity through shared submission to Christ.

This highlights the importance of reconciliation within the church. Even faithful believers can experience conflict, but unresolved division threatens both unity and witness.

Paul reminds the church that these women had “labored side by side” with him in the gospel. Their disagreement did not erase their value or their past faithfulness.

The Christian life requires both doctrinal faithfulness and relational humility.

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### **2. Rejoicing, Gentleness, and Freedom from Anxiety (4:4–7)**



Paul repeats a central theme of the letter: “Rejoice in the Lord always.”

This joy is not rooted in circumstances, comfort, or ease. It is rooted in Christ Himself. Because Christ does not change, believers can have stability even in difficult seasons.

Paul then says, “Let your reasonableness [gentleness] be known to everyone. The Lord is at hand.”

Gentleness reflects trust in God’s control. A harsh, anxious, or reactive spirit often reveals deeper fear and insecurity. But remembering the nearness and sovereignty of God produces steadiness.

Paul then gives one of the most well-known commands in Scripture: “Do not be anxious about anything.”

This does not deny the reality of suffering or hardship. Rather, it redirects the believer’s response to those things. Anxiety is replaced with prayer.

“In everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Prayer reflects dependence. Thanksgiving reflects trust in God’s character and faithfulness even before circumstances change.

The result is “the peace of God, which surpasses all understanding.” This peace is not merely emotional calm, but a supernatural steadiness that guards the heart and mind in Christ.

Paul does not promise that every situation will immediately improve. Instead, he points believers to the presence and peace of God within the midst of difficulty.

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### **3. The Battle of the Mind (4:8–9)**

Paul now turns to the believer’s thought life.

“Whatever is true, whatever is honorable, whatever is just... think about these things.”

The mind plays a major role in spiritual stability. What believers continually dwell upon shapes attitudes, emotions, and actions.

Paul calls believers to intentionally focus on things that align with God’s character and truth. This includes rejecting thought patterns rooted in fear, impurity, bitterness, deception, or hopelessness.



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Christian maturity involves learning to direct the mind rather than allowing the mind to be controlled by every emotion or influence.

Paul then points again to personal example: “What you have learned and received and heard and seen in me—practice these things.”

Truth is not merely to be admired intellectually, but practiced consistently.

The result is not only the peace of God, but “the God of peace” Himself being present with His people.

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#### **4. Learning Contentment in Every Circumstance (4:10–13)**

Paul now thanks the Philippians for their support while also clarifying something important: his joy is not dependent upon material provision alone.

“I have learned in whatever situation I am to be content.”

This contentment was learned, not automatic. Paul had experienced both abundance and suffering, comfort and need.

He says, “I know how to be brought low, and I know how to abound.”

Many people struggle in suffering, but abundance can also become spiritually dangerous. Paul had learned not to let either lack or prosperity control him.

The secret of his stability is found in Christ: “I can do all things through Him who strengthens me.”

This verse is often misunderstood as a promise of unlimited achievement. In context, Paul is speaking about enduring every circumstance faithfully through Christ’s strength.

Contentment is not rooted in possessions, comfort, success, or changing conditions. It is rooted in dependence upon Christ.

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#### **5. Generosity and Partnership in the Gospel (4:14–20)**

Paul now returns to the Philippians’ gift and commends their generosity.

“You shared in my trouble.”



Their giving was not merely financial support—it was participation in gospel ministry. They partnered with Paul in his suffering and mission.

Paul emphasizes that he is not primarily seeking the gift itself, but “the fruit that increases to your credit.”

Generosity reflects spiritual fruit. It reveals trust in God, love for others, and investment in eternal things.

Paul describes their gift as “a fragrant offering, a sacrifice acceptable and pleasing to God.”

Giving becomes an act of worship when it flows from sincere devotion to God rather than obligation or recognition.

Paul then offers one of Scripture’s great promises: “My God will supply every need of yours according to His riches in glory in Christ Jesus.”

This is not a promise of unlimited earthly prosperity, but of God’s faithful provision for His people. The believer’s confidence rests not in personal resources, but in God’s sufficiency.

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## **6. Final Greetings and Gospel Perspective (4:21–23)**

Paul closes with greetings that reveal the spread of the gospel even within difficult circumstances.

“Especially those of Caesar’s household.”

Even while imprisoned, God had continued working. The gospel had reached into unexpected places.

This reinforces one of the major themes of Philippians: circumstances do not hinder God’s purposes. Again and again, what appears restrictive becomes an opportunity for Christ to be displayed.

Paul ends with grace: “The grace of the Lord Jesus Christ be with your spirit.”

Grace began the Christian life, sustains it daily, and will carry believers to the end.

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## **7. Key Themes**



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**Stability → Found in the Lord**

Believers are called to stand firm in Christ despite pressure and uncertainty.

**Peace → Comes Through Prayer and Trust**

Anxiety is replaced through dependence upon God and confidence in His care.

**Thought Life → Shapes Spiritual Health**

What believers dwell upon deeply affects their peace, stability, and conduct.

**Contentment → Learned Through Dependence on Christ**

True satisfaction is not tied to circumstances, but to Christ's strength and sufficiency.

**Generosity → A Form of Worship**

Giving reflects partnership in the gospel and trust in God's provision.

**Provision → Rooted in God's Faithfulness**

God faithfully supplies the needs of His people according to His riches.

**Grace → Sustains the Christian Life**

From beginning to end, believers live dependent upon the grace of Christ.

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**Concluding Thought**

Philippians 4 presents a picture of spiritual stability in an unstable world.

Paul writes from prison, yet his life is marked by joy instead of bitterness, peace instead of anxiety, contentment instead of complaint, and generosity instead of fear.

This stability does not come from favorable circumstances, but from being anchored in Christ.

The chapter reminds believers that peace is found through prayer, strength is found through dependence upon Christ, and contentment is found not in possessing more, but in trusting the One who provides.

Ultimately, Philippians 4 calls believers to live with steady hearts, disciplined minds, open hands, and confident trust in God's faithfulness.

Even in hardship, Christ remains sufficient.