

Series "Joy In Christ"
"Anger, Anxiety, And Peace"
Philippians 4:1-9
Part-15

We are living in a world of conflict, anger/anxiety. Job 5:7

If anyone had a cause to worry/anxiety, it was the Apostle Paul!

Philippians 4 - Joy In Resting: Unity, Peace, Contentment Philippians 4:7

The Context – *Anger and Anxiety, Anger leads to outward conflicts and divisions. Anxiety leads to inward turmoil and despair.*

Philippians 4 "Joy In Resting"

**Some of the most notable passages of Scripture are found in this chapter:
Verses 4, 6, 7, 13, 19**

Thought Of Our Passage: "Anger, Anxiety Are Cured When We Turn To God In Prayer, Our Hearts Dwell Upon God, Unleashing His Peace."

- 1. Verses 1-3 Anger:**
- 2. Verses 4-7 Anxiety:**
- 3. Verses 8-9 Peace:**

1. Verses 1-3 Anger:

**Philippians 4:1 Therefore
Context - Therefore?"**

Jesus Christ is the object of life, while human leaders are examples for that life! Apostle Paul, Timothy

my beloved brethren - same word God the Father said to His Son **Matthew 3:17** ("My beloved Son") Paul uses it **twice**, once at the beginning and now near the end. **1 John 3:14**

whom I long to see,
Paul had been longing for them. **Philippians 1:8**

my joy - believers were Paul's joy. **1 Thessalonians 2:19-20**

and crown (Stephanos), Victorious runner in the Greek games. Olive leaves (**1 Cor. 9:24-25**). Paul's is eternal.

in this way stand firm in the Lord, my beloved. (1:27)
"to take a stand and remain firm in that position."

Philippians 4:2 Euodia and I urge Syntyche
Founding Members? (**Acts 16:13**)

Euodia - "*fragrant, prosperous journey*"
Syntyche - "*with fate*"

I urge (I beseech) Paul is speaking to both of them, because they both had a part.

to live in harmony in the Lord.

Literally means "to think the same thing." **Philippians 2:2 (1:27; 3:16)**

The Context – (Two Women in conflict)

Anger leads to outward conflicts and divisions.

Anxiety to inward turmoil and despair.

Philippians 4:3 Indeed, true companion - "yokefellow"

A crossbar with loops on the ends through which the heads of two oxen were placed. Fellow Worker

Who is this?

Probably **Epaphroditus**. He would carry the letter back and intervene.

I ask you also to help these women

Who are these women? **Euodia and Syntyche**

together with Clement - "mild, merciful" (Another servant we don't know)

and the rest of my fellow workers,

Paul knew that it was not just him

whose names are in the book of life.

Received salvation **Luke 10:20 Rev. 20:15**

2. Verses 4-7 Anxiety:

Philippians 4:4 "Rejoice"

11 times in these four chapters of this letter. **(in the Lord)**

Philippians 4:5 Let your gentle spirit

It means "*graciousness, goodwill, friendly disposition.*"

It is "sweet reasonableness rejects revengeful meanness".

be known to all men.

It is not to be in church only, but outside the church, in the world.

The Lord is near.

Jesus will return is motive enough for this. **Philippians 3:20**

Philippians 4:6 word **anxious "Worry"** Anglo-Saxon word "*to strangle, pull in different directions*"

This word "**But**" means to bring God into the picture!

Verses 6-7 Right Praying: in everything by prayer Psalm 66:18

Four Specifics of Prayer that are set forth as the divine remedy for the troubled soul.

1. Adoration: but in everything by prayer – word translated “worship”
The general invocation of God adoration, devotion, and worship
“we, continually in His presence, enjoying God, presenting our requests to the Lord.”

2. Supplication: and supplication - *“an earnest sharing of our needs and concerns to God from the heart.”* A desperate cry for help arising from need.
Not Mechanically, Matthew 6:7-8; Hebrews 5:7

3. Appreciation: with thanksgiving - The Christian giving thanks before he even sees the answer to the request (Advance thanks).
The God our Father enjoys when His children give thanks. Ephesians 5:20; 1 Thessalonians 5:18; Psalms 103:2

4. Specific: let your requests be made known to God.
Specific petitions addressed to God.
Does this phrase mean whatever we request, we receive?
NO! Philipians 4:19; 1 Thessalonians 5:17-18

Philippians 4:7 Prayer Leads To God’s Provision Of His Peace:
And the peace of God, (Fellowship) This is an abiding relationship with God!

“Peace with God” (Salvation) Romans 5:1
Being justified by grace, peace. **peace of God, (Fellowship)**

God’s Peace Surpasses Intellect: which surpasses all comprehension, (understanding) Experienced by believers.

God’s Peace Will Keep You:
will guard your hearts and your minds
“Keep with a garrison, to guard, protect by a military guard, to prevent hostile invasion.”

your hearts - The believer can enjoy stability in his heart.
your minds - The believer can enjoy mental stability in his mind.

God Will Do It: (in) Christ Jesus.
We need both position and practice. **1 Peter 5:7; Psalm 91:1**

3. Verses 8-9 Peace:

Philippians 4:8 Verse 8 Right Thinking: Notice what Paul says, **let your mind dwell on these things.** Peace involves the heart and the mind! **Isaiah 26:3**

Finally, brethren, reveal the conclusion to this section.
Verse 6: it was **praying**; now, **Verse 8:** it is **thinking**.
Then in **Verse 9** it is **doing**.

Paul Gives A List Of Six Things The Christian Can Dwell Upon.

1. whatever is true, true things are the opposite of lies and false witness.
(Truthful things, Jesus is the truth!) girded with truth (**Ephesians 6:14**)

2. whatever is honorable,
This speaks of being honest. Not shameful.
It comes from the verb that means "to worship or revere."

3. whatever is right, Those things that are right in relation to God and man. It speaks about "just." This speaks of being worthy of respect.

4. whatever is pure, those things that will not contaminate, be tainted, coarse, or immoral. *They are stainless and moral purity.*

5. whatever is lovely, Literally, it means, "lovable." *That which is ethically beautiful and attractive, not distorted. It produces peace and rest.*

6. whatever is of good repute, Wholesome, constructive thoughts are "good report." "Something worth talking about, appealing."

if there is any excellence - virtue.
If it is excellence, **motivate us to do better.**

if anything worthy of praise,
If it has praise it is **worth commending to others.**

dwell on these things. Paul has just given a list of six things
Psalm 119:165

Verse 9 Right Living: Philippians 4:9 he things you have learned (Intellect)
instruction that Paul had given to them.

and received – (With the heart, transformed) and heard and seen in me,
This is speaking about "Paul in action." They saw firsthand in **Acts 16**

practice these things; John 13:17; James 1:22

God of peace will be with you.
Verse 6 praying, Verse 8 thinking, and Verse 9 doing.

Application:

- 1. Anger** Leads To Outward Conflicts And Divisions. We Can Have Different Opinions, But We Must Value Others More.
- 2. Anxiety** Leads To Inward Turmoil And Despair. God's Peace Comes Through Prayer. Right Praying – Adoration, Supplication And Appreciation.
- 3. Peace** Is Maintained By Right Thinking – Dwelling Upon The Things Of God. Right Living – Practice What We Know, Being Doers Of The Word.