

Philippians at Home

Week Six: Philippians 4:1-9

Like Paul, we live in unstable times which can lead to anxiety and hopelessness. Chapter 4 is full of advice to help us stand firm in the Lord as we practice joy, peace, gentleness, prayer, and right thinking.

Prepare

Find a comfortable seat, grab a Bible and a device to access online content, and ask the Holy Spirit to work in your heart and mind through your study of Philippians.

Watch & Listen

This [Bible Project video](#) unpacks the idea of joy that we find in Philippians 4:4.

Read & Discuss

Scripture Reading: [Philippians 4:1-3](#).

- How does Paul's call to stand firm relate to what came before in Philippians 3:17-21?
- What are the 6 terms of affection Paul used in Philippians 4:1? Why do you think Paul used such warm, personal words?
- What is the book of life? ([Exodus 32:32](#); [Psalm 69:28](#); [Luke 10:20](#); [Revelation 3:5](#)).
- Two women in Philippi, Euodia and Syntyche, are at odds with each other. We don't know the cause of their tension, but there has been a falling out. Paul applies the principles from Philippians 2:1-4 and appoints his unnamed "true companion" to help these women be of one mind in the Lord. How do we "agree in the Lord" when there is disunity?

Scripture Reading: [Philippians 4:4-7](#).

- The phrase "in the Lord" is used three times in Philippians 4:1-4. Paul likes to use "in" phrases: in the Lord, in him, and in Christ Jesus. Our union with Christ begins with being found *in him*, not having a righteousness of our own but that which is through faith *in Christ* (Philippians 3:9). How does our union *in Christ* help us understand "rejoice in the Lord always"?
- Paul calls us to gentleness or reasonableness because the Lord is at hand both in the nearness of his return and his presence with us daily. Why do you think Paul emphasizes this?
- Paul uses several phrases for prayer in verse 6. What are they, and how have these different aspects of prayer helped your anxiety and restored peace?
- What does your heart and mind need to be guarded from during this season of life?

Scripture Reading: [Philippians 4:8-9](#).

- In a world where focus is often on anything that is “untrue, unholy, unjust, impure, ugly, of ill repute, vicious and blameworthy,” how do you fill your mind with what is true, noble, and right? How might this decrease our anxiety and increase our joy?
- Paul again calls us to practice what he has preached and modeled. Why is the word practice significant?
- How are each of the commands in Philippians 4:4-9 important for unity?

Apply & Pray

- Find things to think about or do this week that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy.
- Practice gratitude! Gratitude has been proven to reduce anxiety and increase joy. Make it a practice to share one thing you are grateful for each day this week. Jot it in a journal or share it at a meal with your family or roommate.
- Pray. Philippians 4:6 says, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”