



How to Live in Joy

The Philippians lived in poverty and persecution. Yet they were a loving, powerful and giving church. Here Paul challenges them to ‘rejoice’ always.

Introduction: Taking a Stand Phil 4:1

Stand fast: ‘Steko’ A military-like command for soldiers on the front line. Believers are to hold their position under attack—and hold it with a Biblically-based joy in the Lord. Here are two examples:

A. Joy-Based Conflict Resolution Phil 4:1-3

Conflicts arise even in mature churches and relationships. How we respond to conflict will reflect our maturity in Christ:

1. Resolution grows out of a spiritual foundation. 4:1
2. Pursue the right goal to resolve conflict 4:2
3. Welcome support from others 4:2-3
4. Resume your primary calling in the gospel 4:3

B. Joy-Based Prayer Phil 4:4-9

Prayer that follows this pattern is full of joy and peace!

1. **Rejoice always** :4-5
Rejoicing and gentleness go hand in hand as gentleness here means yieldedness or willingness. It is willingly yielding myself (with JOY) to God in ministry and prayer no matter what the circumstances! See Habakkuk 3:17-19
The Lord is near; Don't worry; Pray
2. **Pray always** :4-6
 - a. Supplication—be specific Luk 1:13; Rom 10:1
 - b. Thanksgiving—thankful 1 Cor 11:24
 - c. Requests—expectancy 1 John 5:14-15
3. **Peace follows joy-based prayer** :7
Guard: Another military term. As soldiers guard and protect a city, so God's peace guards and protects believers who confidently trust in Him. *Protected in Jesus. John 14:27*
4. **Joy-based meditation** :8-9 [*Joy-based thought life*]
These are things we are to think [meditate] on ...
 - a. **Truth:** The truth of God's word is MY truth! Do you believe God's words are true for you?
 - b. **Honorable things:** Noble; reverential; respectful of God. Praise and honor to God.
 - c. **Justice and righteousness:** God's rightness in all things and His 'right' outcome of all things.
 - d. **Purity:** Things that are holy! Do I need to confess the things in my life that are NOT holy?
 - e. **Loveliness:** As opposed to bitterness and an unforgiving attitude. That which calls for love.
 - e. **Good report:** Speaking well of—grace filled speech.

Stayed upon Jehovah; Hearts are fully blessed;
 Finding, as He promised; Perfect peace and rest.

—Frances Ridley Havergal

Philippians 4:1-9

:1 Therefore, my beloved and longed-for brethren, **my joy and crown**, so (A1) **stand fast in the Lord**, beloved.

:2 I implore Euodia and I implore Syntyche to (A2) **be of the same mind in the Lord**.

:3 And I urge you also, true companion, (A3) **help these women** who (A4) **labored with me in the gospel**, with Clement also, and the rest of my fellow workers, whose names *are* in the Book of Life.

:4 (B1) **Rejoice in the Lord always**. Again I will say, rejoice!

:5 Let your **gentleness** be known to all men. **[The Lord is at hand. :6 Be anxious for nothing,** (B2) **but in everything by prayer]** and (B2-a) **supplication**, with (B2-b) **thanksgiving**, let your (B2-c) **requests** be made known to God;

:7 (B 3) **and the peace of God**, which surpasses all understanding, will **guard** your hearts and minds through Christ Jesus.

: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—
 (B 4) **meditate on these things**.

Phi 4:9 The things which you **learned and received and heard and saw** in me, these **do**, and the God of peace will be with you.