

## ***Exhortations To Christian Living (Phil. 4:1-9)***

### **I. STAND FAST IN CHRIST**

- A. Philippians 4:1. We are exhorted to “**Stand fast**” in Christ. The word means, *to persevere, to stand firm, to keep one’s standing*. As Christians, we are confronted with many temptations to give up because there are so many things working against us. There is the culture around us that at times maligns and ridicules us. There are satanic forces and hindrances that try to discourage us [*“We wrestle not against flesh and blood”* – Eph. 6:10-12, *“For the weapons of our warfare are not carnal but mighty in God... II Cor. 10:4*].

***<sup>1</sup>“Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.” (Phil. 4:1)***

- A. The writer (Apostle Paul) says: STAND FAST! Don’t give up and don’t be discouraged. Make up your mind that you are going to persevere no matter what, because the Lord your God is mighty in your midst.

### **II. REJOICE ALWAYS**

- A. Philippians 4:4: ***Rejoice in the Lord always!*** The word for rejoice is *chairo* – It means to be cheerful, calmly happy, to be glad. Now remember, Paul is writing these words while being chained in prison in Rome [64 AD]. How easy it would have been for him to give in to his surrounding circumstances and get discouraged about them. Instead, he says, rejoice always!

***“Rejoice in the Lord always. Again I will say rejoice!” (Phil. 4:4).***

- B. To have an attitude of joy is a choice that we choose to make that is not necessarily based on things happening in us or to us [The 4 thieves of joy: Circumstances, People, Things, Worry]. You can set your will to choose to be joyful in spite of all those things, and that is what the apostle exhorts us to do.

### **III. MANIFEST A GENTLE DISPOSITION**

- A. Philippians 4:5: ***“Let your gentleness be known to all men...(v.5)”*** The word “*Gentleness*” means mildness, patience, kindness, moderation. It is the disposition that Christ displayed when He walked the earth, and that He tells us to live as well. ***“Come unto me... Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls” (Matt:11:28-29)***

***“Let your gentleness be known to all men, The Lord is at hand.***

- B. How do we practically live this attitude out? ***“Come unto Me...”*** We recognize that it is Christ in us who does it. We submit our wills and our emotions to Him each and every single day. We submit our attitudes and thoughts to Jesus each morning when we get up and live for the Lord!

**IV. SAY "GOODBYE" TO WORRY**

- A. Philippians 4:6: One of the top issues in life that bring more problems, heartache, and physical complications is worry and anxiety. The word "worry" means to take thought, to have care about. The apostle Paul says, "Don't be anxious!" (v.6).

***"Be anxious for nothing, but in everything by prayer and supplication, with thanks giving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ" (Phil 4:5-7)***

- B. Listen to this definition of "anxiety": To be Full of mental distress or uneasiness because of fear of danger or misfortune. One of the root words for anxiety is "To strangle".
- C. One translation renders this verse this way: "Stop perpetually worrying about even one thing" (Wuest). Have you ever thought about the reality that most of the things we worry about in life never actually happen?

**V. THE CURE FOR WORRY**

- A. Philippians 4:6 There is a cure for worry. Can you guess what it is? It's called, "pray about it!" Instead of worrying about things, we are encouraged to voice it to God in prayer. Bring it to Him. Ask Him about it and for it. "You have not because you ask not! – (James 4:2b). [Example: Dr. Cho praying for a bicycle].

***"...but in everything by prayer and supplication, with thanks giving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ." (4:6)***

- B. "Requests" means, a thing asked for. Anything that you need in order to carry out the purposes of God in this life, for you and your family and ministry. The Bible says that it's OK to ask God for things and that we should pray for what we need. "The Lord will wait that He may be gracious to you... at the sound of your cry. When He hears it, He will answer you." (Isa. 30:18-19)

**VI. THE PEACE OF GOD WILL GUARD YOUR HEART**

***"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ" (v.7).***

- A. The peace of God will guard your hearts and minds. The word "guard" means, to mount a sentinel. To post at the gate; To hem in; To protect.
- B. God's peace will take over when we bring our worries and needs to God in prayer. What great promises we have in Christ for a joy-filled life!