



PHILIPPIANS: PART 8

Pastor Reggie Roberson

WARM UP QUESTION: Describe a recent moment when it was hard to have peace and joy? Why was it hard in that moment?

READ: *Philippians 4:2-9 (ESV)*

FOCUS: Extraordinary people keep peace and joy in every situation. There are some key ways to do so.

OBSERVE:

- The main idea assumes that we have a peace and joy that comes from being in a right relationship with Jesus.
- **(4:2-3) The first key is to be reconciled with each other.** The conflict between these two female leaders in the church was probably due to strong personalities and ideas of what was best. Paul thought reconciliation was so important that he publicly called them out and asked for people to mediate between the two women. The mission of God is more important than having our way.
 - Paul mentioned having “the same mind”, reminding them of Philippians 2:2 and the example of Jesus. Jesus is our ultimate example who humbled Himself and died on the cross, placing our interests above His own.
- **(4:4-5) The second key is to remember the Gospel.**
 - Paul gives a seemingly impossible command to always rejoice and always be gentle in every situation.

- The key is the phrases “in the Lord” (vs 4) and “The Lord is near.” (vs 5) In light of the first phrase, we are able to keep peace and joy at all times when we remember the Gospel- the gentleness that Jesus showed us and our salvation from sin and hell. In light of the second phrase, we are reminded of Jesus’ Second Coming when He will make everything right.
- **(4:6-9) The third key is to refocus on God.** We need to take our focus off of ANTs (Automatic Negative Thoughts) through prayer (vs 6)- which results in the peace of God guarding us. We are to focus on PETs (Positive Energized Thoughts) (vs 8-9). These “positive” thoughts are not defined by the world or our whims, but by the Gospel. There is nothing more true, just, pure and honorable than God and the Gospel.

REFLECT:

- Are you willing to listen to the voice of the Lord through other believers even when you have a strong opinion about something?
- Do you regularly connect with other Christians so that you can be reminded of the Gospel, enabling you to have peace and joy in every situation? Do you do the same for others?

TAKE ACTION:

- Share with a life group member or friend about recurring ANTs that you tend to focus on and ask them to pray with and for you so that you can focus on the Gospel.
- Pursue reconciliation with any fellow believer that you currently have a relational conflict with.
- Schedule 3 times this week to praise God for 1.5 minutes.

PRAY: *Father, thank You for saving and loving me in Christ. Continually remind me of the Gospel so that I can continually pursue reconciliation with others. No matter what happens in life, help me to always be filled with Your joy and peace. In Jesus’ Name, Amen.*



God, I thank you for what You will do in advance for me...

Saving
Delivering
Guiding
Filling
Protecting
Clarifying

Healing
Restoring
Providing
Strengthening
Directing
Empowering

I am thankful for God who is...

Holy
Creator
Healer
Love
All Wise
All Present
Lord of lords
Peace

Good
Redeemer
Deliverer
Truth
All Knowing
King of kings
Provider
Father