

Rejoice in the Lord Always!

Based on Paul's letter to the Philippians – Lesson #4
Good Shepherd Bible Study 2020

Introduction: What is threatening to rob you of your joy in Christ right now?

Philippians 4:2-3 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

Euodica and Synteche were quarreling over issues not decided by the Word of God.
What helps us to resolve conflicts and work together in unity?

Philippians 4:4-7 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Evaluate – God expects us to be happy all the time. If we aren't, we are sinning.

Paul himself experienced great distress in his life

2 Corinthians 11:27-29 I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. 28 Besides everything else, I face daily the pressure of my concern for all the churches. 29 Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?

Q. What encouragement does Paul offer us when we are weary and burdened?

Q. With what attitude does Paul encourage us to pray?

Q. How does God's peace come to our hearts?

Philippians 4:8-9 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Your mom used to remind you, “You are what you eat!”

You are also what you fill your mind with. Fill your mind with garbage, garbage will come out. Fill your mind with good things, good will come out.

List some good things to focus on in times of discouragement

Consider Psalm 103

Q. As a role model what has Paul taught you? How can you be a positive role model to others?

Philippians 4:10-13 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Q. Why is it foolish to seek contentment in earthly wealth, appearance, and achievements?

Q. What is the true secret of contentment?

In what situations can Paul’s reminder, “I can do all this through Christ who gives me strength” benefit you?

Philippians 4:14 -23 Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid more than once when I was in need. 17 Not that I desire your gifts; what I desire is that more be credited to your account. 18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus. 20 To our God and Father be glory for ever and ever. Amen.

21 Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. 22 All God's people here send you greetings, especially those who belong to Caesar's household. 23 The grace of the Lord Jesus Christ be with your spirit. Amen.

v.15-18 How did the Philippians express their partnership in the Gospel?

How can we?

v. 18 How does God look upon the offerings of His people? V. 18

v. 19 Why don't we have to worry about bringing our firstfruit offerings to support the Lord's work?

v. 22 How had the Lord blessed Paul's ministry even while imprisoned in Rome?

How does this book begin and end?

Understanding and cherishing God's blessings in Christ is the secret of contentment. God's grace empowers us to rejoice in the Lord always!