

# Philippians 4 - Christ our Strength

## 4:1-3 BE OF THE SAME MIND

**v1 Therefore:** Connection with previous verses. **Dearly beloved:** He expresses deep love for them.

**Crown:** Gr. *Stephanos*, wreath of victory given at the Olympic Games: **2 Tim 4:8; Jas 1:12**. Was promised in **Rev 2:10; 3:11**. This crown does not fade: **1 Pet 5:4**. To obtain the crown requires personal discipline: **1 Cor 9:25**. Paul here actually says that **they** are his crown. **v2 Beseech:** Gk. *exhort*. **Euodias and Syntyche:** The fact these 2 sisters were named indicates that the dispute was well known in the ecclesia. **Same mind:** Paul doesn't judge the situation. He simply wanted them to **resolve it** in a Christ like way. Christ showed us how to forgive: **Mt 6:12,14-15; 18:23-35**.

**v3 True:** Used of Timothy: **1 Tim 1:2; 1:4**. Similar word tr. "naturally" in **Phil 2:20**. **Yokefellow:** Gk. *Synzygus*, name of a brother in the ecclesia (Vine). **Women:** Appears to have been a number of women in this ecclesia, following in the footsteps of Lydia: **Acts 16:13**. **Book of life:** **Ex 32:32-33; Dan 12:1; Mal 3:16-17; Rev 3:5; 17:8; 20:12; 21:27; 22:19**. Forgiving one another is fundamental to personal salvation: **Mk 11:26; Eph 4:32**.

## 4:4-9 THE PEACE OF GOD

**v4 Rejoice:** **Eph 1:3-12; Psalms 126:3**. Happy/blessed: **Mt 5:3**. "**Blessed is the man to whom the Lord will not impute sin**" **Rom 4:6-8**, citing **Psa 32:1-2**. **v5 Moderation:** Gk. *gentle, humane*. **Lord is at hand:** Gk. *near*. Allusion to **Psa 119:151; 145:18**. Christ our advocate:

**1 Jn 2:1**, a comforter, one who stands alongside: **Jn 14:16** **v6 Careful for nothing:** Gk. *In nothing be anxious*. Christ's exhortation in **Mt 6:25-34**. **Prayer:** A parent may know a child's needs, but is pleased when they faithfully request with a humble, thankful heart: **4:5-6**. God seeks for us to have a relationship with Him: **Psa 103:13; 119:103-108**. Prayer is also for our benefit. It gives us peace and a release from anxiety, knowing God is listening: **Num 6:26; 1 Sam 1: 18; Psa 118:6; 119:164-165**. **Supplication:** Specific requests *in sense of need*. **Thanksgiving:** **Eph 5:20; Col 3:15-17; 1 Thess 5:18**.

**T**HEREFORE, my brethren dearly beloved and <sup>1</sup>longed for, <sup>2</sup>"my joy and crown, so <sup>3</sup>stand fast in the Lord, my dearly beloved.

<sup>4</sup> I beseech Euodias, and beseech Syntyche, that <sup>5</sup>they be of the same mind in the Lord.

<sup>6</sup> And I intreat thee also, true yokefellow, help those women which laboured with me in the gospel, with Clement also, and with other my fellowlabourers, whose names <sup>7</sup>are in <sup>8</sup>the book of life.

<sup>9</sup> <sup>10</sup>Rejoice in the Lord always: and again I say, <sup>11</sup>Rejoice.

<sup>12</sup> Let your <sup>13</sup>moderation be known unto all men. <sup>14</sup>The Lord <sup>15</sup>is at hand.

<sup>16</sup> <sup>17</sup>Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

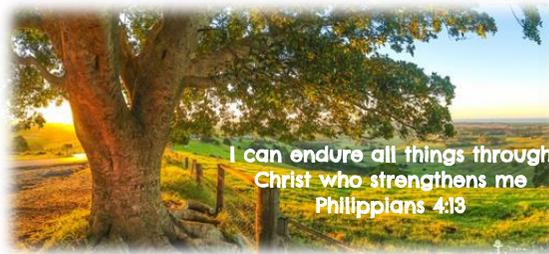
<sup>18</sup> And <sup>19</sup>the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

<sup>20</sup> Finally, brethren, whatsoever things are true, whatsoever things are <sup>21</sup>honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are <sup>22</sup>of good report; if there be any virtue, and if there be any praise, think on these things.

<sup>23</sup> Those things, which ye have both learned, and received, and heard, and seen in me, do: and <sup>24</sup>the God of peace shall be with you.

<sup>25</sup> But I <sup>26</sup>rejoiced in the Lord greatly, that now at the last <sup>27</sup>"your care of me" hath flourished again; wherein ye were also careful, but <sup>28</sup>ye lacked opportunity.

<sup>29</sup> Not that I speak in respect of <sup>30</sup>h<sup>31</sup>want: for I have learned, in whatsoever state I am, <sup>32</sup>there-with to be <sup>33</sup>content.



**v7 Peace of God:** God promises peace of mind to those who are prayerful and God centred. From **Isa 26:3-6**, about trusting in God. This is peace, that God is with us however difficult the circumstances: **Prov 3:1-7; Isa 57:19-21; Rom 5:1; Jn 14:27; 16:33**. **All understanding:** NASB. "*surpasses all comprehension*" **Keep hearts and minds:** Both intellect an emotion are guarded by this all-encompassing peace of God. **v8 Finally: Key verse! True:** Foundation of spiritual qualities: **Mt 12:35**. Firstly telling the truth, but also loving that which is true. A spiritual mind is developed by constant meditation upon God's Word of Truth: **Psa 119:9,97-98,165**. Our world thrives on things that are untrue and people do not care. **Honest:** Gk. *honourable*. Seriousness of purpose. **Just:** Gk. *righteous*. **Pure:** Gk. *holy*. An essential aspect of God's character is His moral purity: **Eph 5:26; Jas 5:17; 1 Jn 3:3**. **Lovely:** Gk. *towards love*. **Good report:** Str. *well-spoken of*. Similar word in **2 Cor 6:8**. **Virtue:** Gk. *moral excellence*. **Praise:** Things which exalt our minds to give God praise. **Think on these things:** Vine paraphrase: "*make those things the subject of your thoughtful consideration.*" Consider **Prov 4:20-27**.

**v9 Learned, received, heard, seen in me:** It is one thing to hear or be taught these principles, another thing entirely to live them in life: **Jas 1:22-25**. These character attributes can only be achieved by a spiritual mind: **Eph 4:21-32; 1 Tim 4:13-16**. **God of peace with you:** Link with **4:7**. This is what living a life at peace is all about.

## 4:10-19 PAUL'S THANKS FOR THEIR GIFT

**v10 I rejoiced in the Lord greatly:** Similar thoughts to **4:4** but he explains one thing that caused him to rejoice. **Your care of me:** The ecclesia had shown care by a gift taken by Epaproditus: **2:25; 4:18**. Care for our brethren a response to Christ's love: **Jn 15:9-17; 1 Jn 4:9-11**.

**v11** ESV "*Not that I am speaking of being in need.*" **Be content:** The world encourages the opposite: **Lk 12:15-24; 17:26-32**. God will provide our basic needs: **Psa 37:25; Mt 6:31-32**. Godliness with contentment is great gain: **Prov 16:16; 1 Tim 6:6-8**. Consider also **Ecc 5:13-15; Lk 3:14; 2 Cor 12:9-10**. The gospel is a free gift: **Isa 55:1-2; Act 8:20; 1 Pet 5:2**. The great challenge for believers through the ages is to **see beyond the present**, to look for a future reward: **Job 1:21; Heb 11:6,10,13,39-40**.

<sup>12</sup> I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

<sup>13</sup> I can do all things <sup>14</sup>through Christ <sup>15</sup>which strengtheneth me.

<sup>16</sup> Notwithstanding ye have well done, that <sup>17</sup>ye did communicate with my affliction.

<sup>18</sup> Now ye Philippians know also, that <sup>19</sup>in the beginning of the gospel, when I departed from <sup>20</sup>Macedonia, <sup>21</sup>no church communicated with me as concerning giving and receiving, but ye only.

<sup>22</sup> For even in <sup>23</sup>Thessalonica ye sent once and again unto my necessity.

<sup>24</sup> Not because I desire a gift: but I desire fruit that may abound to your account.

<sup>25</sup> But <sup>26</sup>I have all, and abound: I am full, <sup>27</sup>having received of Epaphroditus the things which were sent from you, <sup>28</sup>an odour of a sweet smell, <sup>29</sup>a sacrifice acceptable, wellpleasing to God.

<sup>30</sup> But my God <sup>31</sup>shall supply all your need <sup>32</sup>according to his riches in glory by Christ Jesus.

<sup>33</sup> Now unto <sup>34</sup>God and our Father be <sup>35</sup>glory for ever and ever. Amen.

<sup>36</sup> Salute every saint in Christ Jesus. <sup>37</sup>The brethren which are with me greet you.

<sup>38</sup> All the saints salute you, chiefly they that are of Cæsar's household.

<sup>39</sup> The grace of our Lord Jesus Christ be with you all. Amen.

**v17 Not because I desire a gift:** It was the thoughtfulness of it that was most important: **Mt 25:31-46**. **Fruit:** See note on **1:11**. Fruitfulness comes from our relationship with Christ: **Jn 15:1-16**.

**v18 Odour of sweet smell:** Same expression is used by Paul of the sacrifice of Christ: **Eph 5:2; 2 Cor 2:14-15**. **Sacrifice acceptable:** Using the figure of the burnt offering. **v19 God supply your need:** This was a real sacrifice as they were poor: **2 Cor 8:1-3**. **Riches in glory:** Treasure in heaven: **Mt 6:19-21**. The sufferings of the present are not to be compared with the Kingdom: **Mt 19:29; Rom 8:18**.

## 4:20-23 FINAL SALUTATION

**v20** His mind goes to the Kingdom: **Eph 3:30-21; 2 Tim 4:18**. **v22 Caesar's household:** He taught them the gospel! **v23** cp. **Rev 22:21**.

**Colour code:** Blue (God and Jesus Christ); Red (sin/devil/judgment of wicked); Green (Kingdom); Orange (important words and phrases); Purple (return of Jews to the land); Yellow (practical exhortation). Prepared for 2017 Perth Youth Conference. These notes are based on the 1983 Adelaide Youth Conference notes. For a pdf file email [acdangerfield@webshield.net.au](mailto:acdangerfield@webshield.net.au).

**v12 Abase:** Gk. *humble*, as in **2:8**. RV "*in everything and in all things have I learned the secret.*" In all situations of life Paul was in, he learned to accept it. At this time he was in a very bad situation in jail, yet he can still say this!

**v13 Christ who strengthens me:** Means he could **endure** (not "do") because Jesus Christ was his inspiration and motivation: **Gal 2:20; 2 Cor 5:14-15**. Strength: **1 Tim 1:12; 2 Tim 2:1; 4:17**. He gained **energy** from Christ's life: **2 Cor 1:5-7** (*effectual* = Gk. *energeo*).

**v14** The Ecclesia sent him some material help. **Key verses:** **Mt 25:35-40; Gal 6:2; 1 Jn 3:17-18**. **Affliction:** Gk. *pressure*: **Acts 14:22** "*We must through much tribulation enter into the kingdom of God*". See also **Jn 16:33; Rom 8:35; Rev 2:9,10,22; 7:14**.

**v15 Ye only:** They must have been a humble ecclesia for him to write this. **Macedonia:** When Paul faced persecution in Berea they sent him to Athens to be followed later by Silas, Timothy: **Acts 17:14-15**. When Silas and Timothy arrived in Corinth they brought a present from the Philippians: **2 Cor 11:9; Acts 18:5**. **Giving:** Only other occurrence is **Jas 1:17** "*gift*".

**v16 Thessalonica:** Even before Paul went to Corinth the ecclesia sent a gift to the very next town Paul stopped at: **Acts 17:1**.