



**Philippians 4:1 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!*

2 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.

***Therefore, Christians will stand firm in the Lord in these ways.**

1. **Phil. 3:12** By pressing in we take hold of that for which Christ Jesus took hold of you.
2. **Phil. 2:30** By risking with Jesus and the toss of the dice.
3. **Phil. 1:6** By being confident in what Jesus started in you He will bring it to completion.
4. **Phil 4:2-3** By being of the same mind in the Lord and working for the cause of the gospel. The anchor for this is found in **V:4-5**.

**Philippians 4:4 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.*

8 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.

***How do we remove our anxiousness?**

1. **V:6-7** In all situations pray with thanksgiving.
2. **V:8** Direct your thoughts to the things that are excellent and praiseworthy.

3. **V:9 Put into practice** and the God of peace will be with you.

**Philippians 4:10 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.*

***What creates contentment?**

1. **V:10-11 Our concerns** have a lot to do with contentment.
2. **V:12 Learned behavior** needs to be centered around Spiritual education and experiences.
3. **V:13 A Conduit** can handle a great level of pressure by design.

**Philippians 4:14 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.

***God will meet all our needs according to the riches of his glory in Christ Jesus.**

***2 Timothy 1:7 (KJV) For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**