

# PHILIPPIANS 4

## AGAIN I SAY, REJOICE

### STUDY 4

**The book of Philippians is Paul the apostle's letter to the Philippian church, written while imprisoned in Rome around 60-62AD. The letter is filled with exhortations and encouragements towards this beloved community. He reminds the Philippian church to centre their lives on Jesus as 'citizens of heaven', urging them to live lives led by the Spirit.**

Remember a time where you have felt pure joy. Joy that's captured all of your being, lifting you beyond all that was happening in your life in that moment. Now, imagine experiencing a life where such joy is not just felt in a fleeting moment, but joy that is permanent and ever-present.

If there is a message for our current generation, it's to, 'Be anxious for nothing!' These recent years of disruption, wars, and the 'anxieties of life' (Luke 21:34) have led many of us to feel exhausted, tired, worried and spent. It's been a challenging time for us all - individually, and in our communities.

When have you lost your joy? Perhaps your joy is lost now? Or spent? In EVERY situation we face and encounter, we're to come before God with prayer, requests and THANKSGIVING.

Learning to live a Jesus-centered life, not determined by our circumstances, but as an expression of the renewal and restoration of the good work He is doing in and through us, is the key to experiencing joy.

Jesus is our 'joy' and our 'crown'.

### EXPLORE TOGETHER

*Read Philippians 4:1-23 in The Message together.*

#### 1. Our 'joy' and our 'crown'

Read verse 1. We need to position ourselves by standing firm together in our faith and trust in Jesus.

**Question:** Why is Paul so passionately appreciative of His friends in Philippi? What was so special about them that he considers them his reward and blessing?

#### 2. God is near

Read verses 4-7. Ultimately, we have an 'audience of one'. God is ever-present, and His peace transcends all understanding, and guards our hearts and minds. And He is listening.

**Question:** Why does God ask us to rejoice, most especially when we face times of difficulty? Why do you think He wants to hear our prayers?

#### 3. Secret of contentment

Read verses 11-13. True joy and assurance strengthen and prepare us through all we encounter. Paul identifies the secret of his contentment amidst his circumstances while he is yet imprisoned far away in Rome.

**Question:** How can Paul's secret become our secret in maintaining our sense of joy when we face difficult circumstances?

### PRAY TOGETHER

Pray together, and perhaps commit to praying each day in the week ahead.

*Gracious God, open our eyes this day to whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable. Give us eyes to see anything that is excellent or praiseworthy — and the grace to give You alone, thanks for it all. Amen.*

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