

A Main Point: This scripture contains much good advice for having a happy life.

Overview

1-V1-3 One thing we have in common as Christians is that our names are written in the Book of _____. This means we will spend eternity together. Therefore, we settle our _____ now. Paul urges _____ and _____, faithful servants in the Philippian church, to do that.

2-V4-5 Being full of _____ is actually a choice for Christians. Because Jesus put joy in our hearts, we open our hearts and life to him. David said, "This is the day which the Lord has made. **I WILL** rejoice and be glad in it." Psalm 118:20

3-V6 The antidote to _____ is to tell our troubles to the Lord, to take it to the Lord in _____. We are to _____ God our need and _____ Him for what he has done in the past. Thanking pleases Him and it reminds our faith that God helps.

4-V7 When we pray we are bringing the Lord into our world. He is greater than everything. Focusing on the world that presses in on us causes us to be afraid. When we focus on Christ Jesus, another thing He has placed in our heart is released. It is _____ in the midst of negative circumstances—a divine gift.

5-V8 Many people do not realize that the way they feel is directly connected to what they have been dwelling on in their _____. If a person says, "Why are you cast down my soul?" and then examines his thoughts, he will discover he has made a habit of negative thinking. "As a man thinks in his heart, so he is." (Proverbs 23:7 KJV)

6-V9 Good intentions are not worth the powder to blow them up. James says, "Remember it is sin to know what you ought to do and then not do it." (4:17) Paul says, "Keep putting into _____ all you have learned from me and heard from me and saw me doing, and the God of _____ will be with you."

7-V10 One of the big attacks of the Devil is to tell us that nobody really cares about us or appreciates what we are doing. The church at Philippi greatly encouraged Paul by being _____ for him and also _____ him when they were able. V15 Of all the churches, they were the _____ ones who gave him _____ help.

8-V11-12 Paul had an attitude toward life which gave him contentment. He had learned to be happy whether he had a _____ stomach or an empty one, or having _____ or little. He says, "I can do _____ with the help of Christ who gives me the _____ I need." David said, "I have been young and now I am old and I have never seen the righteous man forsaken or his children begging for bread."

9-V18 Generosity is like a sweet smelling _____ offered to God. It _____ him.

10-V19 "And this same God who takes care of me will _____ all your _____ from his glorious _____, which have _____ (past tense) given to us in Christ Jesus."

11-V20 Now and then it is a good thing when we realize how good God is and how good he has been to us and we say something like, "Now _____ be to God our Father, forever and ever."

12-V21 We are family and we love each other. So we always want to send _____ to people in other churches who have become so dear to us.

• JOY and REWARD • BOOK OF LIFE • BE • GET ALONG HAPPILY • FIX

-1- 4:1 _____ and _____ Reward is "crown" in the original language. The crown referred to is the olive wreath given to athletes who won in the first Olympic games and other events. The greatest treasures on this earth from God the Father's point of view are His children/His people. The leaves of the olive branch that are part of the wreath on Paul's head when he stands before the Lord in the Second Coming are the people he told the Good News and they believed and became citizens of heaven.

-2- 4:2 _____ and _____ Here are two women who work together in the congregation and are at odds. This is the way it is and happens in all churches. The resolution of conflict is something we all need to get better at and help each other with so that we do not keep on having offenses and blowups and people leaving the fellowship.

-3- 4:3 _____ of _____ A way of putting perspective on conflict is seeing that we live forever in heaven. Therefore, is it worth it to be at odds with another? How many conflicts would never develop if we knew that the other person would die shortly?

-4- 4:4 _____ Full of joy or choose to rejoice by the power of the Lord at work in you. The fruits of the Spirit are "Love, JOY, peace...." Galatians 5:23 Joy is a gifting placed in us. All we need to do is decide to act joyful and we will find it flowing in us. In the old days well pumps were primed by pouring water down them and then pumping furiously. The result was that cold, fresh water would come pouring up out of the ground. Likewise, practicing joy does the same thing.

-5- 4:6 _____ This Greek word means "to divide into parts." A person who worries all the time has a mind flooded with "what ifs." Rather than being focused on Father God, who promises to give him food and clothing and every need of his life (Matthew 5:25-31), the worrier is preoccupied with things which cause stress, anxiety, and pressure.

-6- 4:6 _____ The original wording has "prayer and supplication." Supplication could be a person face down before the person who could help them....his arms entwined around his legs...and crying out with a loud voice for help....and resisting being shaken off or peeled away. Blind Bartimeus, who called out to Jesus, "Jesus, Son of David, help me!" and could not be stopped, is an example of supplication. Mark 10:46

-7- 4:8 _____ Fix your thoughts. There are three parts to our brain which result in a behavior or action. THE CORTEX, where we have our thoughts and opinions and decisions about things, interprets what we see and hear according to our pre-programming. For example, a grizzly bear coming at us is life threatening. THE LIMBIC SYSTEM takes the information that a grizzly bear is coming out of the woods and turns it into a feeling (in this case fear) and releases adrenaline. The BRAIN STEM then tells the legs to run and they do. The point of this is that it is what we think that causes our emotions and our emotions cause our actions. We change our course of action by changing the way we think --in Biblical language--by "renewing our minds." Romans 12:2 If we meditate on good and positive things, it will result in a positive lifestyle.

-8- 4:11 _____ Contentment. According to the Greek Stoic philosophers, a person who was content was one who was self-sufficient in all circumstances. We could say that the person "was on top of everything" (at least emotionally) that happened around him or her. • We know that two people in the same situation can view and feel the situation entirely the opposite. One is content, the other dissatisfied. Contentment is a decision to be happy. Happiness is an attitude. How we choose to see things.
• The ability to really have this contentment is Christ active in us.

What does this Scripture say to you?
