

“Love Lifted Me Recovery Ministries”

Philippians Bible Study

Philippians 4:1- 7 Lesson #9

**INSTRUCTIONS: Read the entire section of Scripture in Philippians before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word.
Most Scriptures are from the New King James Version.

1-3 Therefore, my beloved and longed for brethren, my joy and crown, so **STAND FAST in the Lord**, beloved. I implore (beg) Euodia and I implore Syntyche to be of the same mind in the Lord. And I urge you also, true companion, **HELP these WOMEN who LABORED with me in the GOSPEL**, with Clement also, and the rest of my fellow workers, **whose NAMES are in the BOOK of LIFE**.

• **I Corinthians 16:13** “ _____, stand _____ in the _____, be brave, be _____.”

• **Ephesians 6:10-11 & 13** “Finally, my brethren, be _____ in the _____, and in the power of His _____. Put on the whole _____ of _____, that you may be able to _____ against the wiles of the devil.”
(Verse 13) “Therefore _____ up the whole _____ of God, that you may be able to _____ in the evil day, and having _____, to _____.”

Definition: “STAND FAST in the Lord” – The word FAST here does NOT mean speedy, but it means to be **FIRM and stay in one place**, as in FASTENED. Paul is exhorting, encouraging, and maybe even **WARNING the Believers to NOT drift away from their faith in Christ**, or grow WEAK in FAITH.

• **Hebrews 2:1** “Therefore we must give the most _____ heed (pay attention) to the _____ we have _____, lest we _____.”

Definition: “HELP these WOMEN who LABORED with me in the GOSPEL” – The church in Philippi basically started with WOMEN. Paul went to a place by the river where some WOMEN met to pray. They were believers in the God of the Bible, but they did not yet know about Jesus. Paul preached Jesus to them, and they believed, and the church began in the house of Lydia. These women, Euodia and Syntyche, may have been some of those first women who believed, but they were having some disagreements between themselves. **Paul begged them to be in HARMONY in the Lord**. Paul had many faithful Believers who traveled with him in his missionary journeys, both MEN and WOMEN, and other WOMEN who served faithfully in each of the churches.

• **Romans 16:1-2** “I _____ to you Phoebe our _____, who is a _____ of the _____ in Cenchrea, that you may receive _____ in the Lord in a manner worthy of the saints, and assist _____ in whatever business she has need of you; for indeed _____ has been a _____ of many and of _____ also.”

• **Acts 16:13-14** “And on the Sabbath day we went out of the city to the riverside, where _____ was customarily made; and we sat down and _____ to the _____ who _____ there. Now a certain _____ named Lydia heard us. She was a seller of purple from the city of Thyatira, who _____. The _____ opened her _____ to heed the things _____ by Paul.”

• **Romans 16:3-4** “Greet _____ and Aquila, my _____ in _____, who _____ - their own _____ for my life, to whom not only I give thanks, but also _____ the _____ of the Gentiles.”

Definition: "Whose NAMES are in the BOOK of LIFE" – Who are the ones who get their names recorded in the Book of Life? Well, first of all, let us look at what the Book of Life is. The Bible says that the ones who are thrown into hell are those who are **NOT written in the Book of Life**, and whose book is it? Revelation 21:27 calls it **"The Lamb's Book of Life"**, which means it belongs to **Jesus, the Lamb of God**. If you are a **believer in Jesus Christ**, you need have **NO FEAR of the Judgment**, because **Jesus has already PAID for your SINS**. He took our sins upon Himself, so that WE will not be punished for them, and **BECAUSE we BELIEVE in Him, our NAMES are WRITTEN in HIS BOOK**. People **who do NOT know Jesus** must stand before God at the Final Judgment and PAY for their OWN SINS!! Romans 6:23 says "the wages of sin is death" (the "second death" in the Lake of Fire, Rev. 20:14). The non-believers who are judged by God at the Great White Throne will be judged by their WORKS, which will NOT be good enough to save them. God has **recorded EVERYTHING that they have done, in the OTHER books** that were opened. Whatever "good works" they may have done, they will NOT be good enough, because God's requirement is for us to be as perfect and righteous as Jesus, and that can only happen when a person **ACCEPTS Jesus Christ as their Lord and Savior**.

• **II Corinthians 5:21** "For He (God the Father) made Him (Jesus) who knew _____ sin to _____ sin _____, that _____ might become the _____ of _____ in _____."

• **Revelation 20:11-15** "Then I saw a _____ white _____ and Him who sat on it, from whose face the earth and the heaven fled away. And there was found no place for them. And I saw the _____, small and great, standing before _____, and _____ were _____. And another _____ was opened, which is the _____ of _____. And the _____ were _____ to their _____, by the things which were _____ in the _____. The sea gave up the dead [*bodies*] who were in it, and Death (the grave) and Hades delivered up the dead who were in them. And they were _____, each one according to his _____. Then death and Hades were _____ into the _____ of _____. This is the second death. And anyone who was _____ found _____ in the _____ of _____ was cast (thrown) into the _____ of _____."

• **Revelation 21:27** "But there shall by _____ means _____ it (heaven) anything that defiles, or causes an abomination or a lie, but _____ who are _____ in the _____ book of _____."

4 **REJOICE in the Lord ALWAYS.** Again, I will say **REJOICE!**

• **I Thessalonians 5:16-18** "_____ always, _____ without ceasing, In everything _____; for this is the _____ of God in Christ Jesus for _____."

• **Acts 16:24-25** "Having received such a charge, he put them into the inner _____ and fastened their feet in the stocks. But at midnight Paul and Silas were _____ and _____ to God, and the [*other*] prisoners were _____ to them."

• **Psalms 34:1** "I will bless the Lord at _____; His _____ shall _____ be in my mouth."

• **James 5:13** "Is anyone among you suffering? Let him _____. Is anyone cheerful? Let him _____."

Definition: "Giving thanks ALWAYS for ALL THINGS" – If you do not TRUST God to be WORKING ALL THINGS together for your GOOD (Romans 8:28), then you WON'T BE ABLE to REJOICE and give Him thanks for EVERYTHING that is happening or has happened in your life. As Paul and Silas were

locked up in the stocks, **having been falsely arrested and severely beaten**, they had several choices: to whine, complain, have a “pity party” or be angry and blame God, or **praise God and trust Him for the outcome**. Which one did they choose? You probably remember, but just in case, it’s in Acts 16:22-35, and **they chose to praise God in spite of their circumstances**. It resulted in their miraculous escape, and resulted in the jailer, his family, and many others being saved and coming into the kingdom of God.

•**Romans 8:28** “And we know that _____ things _____ together for _____ to those who _____ God, to those who are the _____ according to His _____.”

Definition: “REJOICE in the Lord ALWAYS” – To REJOICE and give thanks to God is the OPPOSITE of grumbling and complaining. REJOICING is also sort of a COMBINATION of the PRAYER of PRAISE, **JOYFUL WORSHIP** and SINGING. **Praise is also one of the WEAPONS** we use against Satan and his demons: **speaking the word of God out loud** (the sword of the Spirit) and the **PRAYER of praise and worship** (Eph. 6:18). The Psalms are an excellent source of scriptural ways to PRAISE and WORSHIP the Lord. Compare **Psalms 8:2 and Matthew 21:16** - Jesus Himself tells us here that praise is a weapon against the enemy. **Satan HATES to hear you REJOICE and PRAISE God**, whether you **SING it or just SAY it**, so don’t worry if you can’t carry a tune. God’s power is unleashed on our behalf as we praise Him, because He actually inhabits our praises! (see also II Chronicles 20:12-23)

•**Matthew 21:15-16** “But when the chief priests and scribes saw the wonderful things that He did, and the children _____ out in the _____ and saying, ‘_____ to the _____ of _____!’ they were indignant and said to Him, ‘Do You hear what these are saying?’ And _____ said to them, ‘Yes. Have you never read, “_____ of the mouth of _____ and nursing infants You have perfected _____’ ?”“

•**Psalms 8:2:** “Out of the mouth of _____ and infants You have ordained _____, because of Your _____, that You may silence the _____ and the avenger.”

•**Psalms 22:3** “But You are _____, You who _____ the _____ of Israel.”

5-7 **Let your GENTLENESS be KNOWN to all men.** The Lord is at hand. **Be ANXIOUS for NOTHING**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and **the PEACE of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

•**Matthew 5:16** “Let your _____ so _____ before _____, that they may _____ your _____ and _____ your _____ in heaven.”

Definition: “Let your GENTLENESS be KNOWN to all men” – Some versions say “moderation” instead of gentleness, but the meaning really **includes ALL of the FRUIT of the Holy Spirit, of which GENTLENESS is one of the fruits.** When Jesus said to “Let your LIGHT so SHINE before MEN” it is the same as **“Let your GENTLENESS be KNOWN to all men.”** This is also what Jesus meant by **our lives producing fruit that will glorify God the Father.** “By this My Father is glorified, that you bear much fruit” (John 15:8).

•**Galatians 5:22-23** “But the fruit of the Spirit is _____, joy, _____, longsuffering (PATIENCE), _____, _____, faithfulness, _____, _____ Against such there is no law.”

•**John 13:35** “By this _____ will _____ that you are My _____, if you have _____ for one another.”

• **John 15:8-9** “By this My _____ is _____, that you _____ much _____; so you will be My _____. As the Father loved Me, I also have loved you; abide in My _____.”

Definition: “Be ANXIOUS for NOTHING” – What does it mean to be ANXIOUS? It means to be WORRIED, AFRAID, and NOT trusting God. So, this verse says we must NOT be anxious, AFRAID, or WORRIED for ANYTHING (be anxious for NOTHING). **You do NOT need to be afraid, because God is your loving Heavenly Father** – He REALLY DOES want to supply your needs, and He DOES have your best interests in mind. Even when He allows trials and tests to come into your life, it is always for your good.

• **Jeremiah 29:11** “‘For I know the _____ that I have for _____,’ declares the Lord, ‘plans for welfare (your good) and _____ for _____, to _____ you a future and a _____.’”

• **Psalms 124:7-8** “For the Lord God is a sun and shield, the Lord will _____ grace and glory: _____ GOOD _____ will He _____ from them that _____ uprightly (obediently).”

• **Matthew 7:11** “If you then, being evil, know how to give _____ gifts to your children, how much _____ will your _____ who is in _____ give _____ things to those who _____ Him!”

• **Matthew 6:33** “But seek _____ the _____ of _____ and His _____, and _____ these _____ shall be _____ to (provided for) _____.”

Definition: “The PEACE of God, which SURPASSES all UNDERSTANDING” – This means we can have God’s peace in our lives, even in the most upsetting situations or uncertain circumstances. Normally, we would be WORRIED and ANXIOUS, but **Jesus said “in ME you may have PEACE.” If we are trusting Jesus completely, He will give us that PEACE that others, and even we ourselves, do not understand.** You may have people say to you, “How can you be calm and not worried when all this stuff is happening in your life?” Jesus said that **you CAN have PEACE** in the midst of tribulation (John 16:33) simply because you TRUST in Him. When He says that **He has “overcome the world,”** part of the meaning in the original Greek is “I have deprived it of power to harm you.” **The storm may be raging all around you, but you are SAFE in Jesus.** He has deprived that situation of whatever harm it might have done you, and **He promises that He will work ALL things together for your GOOD** (Rom. 8:28). However, you will not **experience His PEACE** until you BELIEVE it, and start thanking Him for EVERYTHING and PRAISING Him in all situations.

• **John 16:33** “These things I have spoken to _____, that in _____ you may have _____ . In the _____ you will have _____; but be of good cheer (REJOICE), I have _____ the world.”

• **Isaiah 26:3** “You will keep him in perfect _____, whose mind is stayed (focused) on _____.”

• **Psalms 91:2-3 & 5-7** “I will say of the _____, He is my _____ and my _____: my God, in Him will I _____. Surely He shall _____ you from the snare of the fowler, and from the deadly pestilence.” (Verses 5-7) “You shall _____ be _____ of the _____ by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. A thousand shall fall at your side, and ten thousand at your right hand, but it shall _____ come _____ you.”