

Part 26 – Philippians 4:4-9 – Stand Firm in The Lord
Fourth Key – No Anxiety + Thankful Prayer IN THE LORD

Philippians 4:1-9

1 Therefore, my beloved brethren whom I long to see, my joy and crown, **in this way** stand firm in the Lord, my beloved.

2 I urge Euodia and I urge Syntyche **to live in harmony in the Lord.**

3 Indeed, true companion, I ask you also **to help** these women who have shared my struggle in the cause of the gospel, together with Clement also and the rest of my fellow workers, whose names are in the book of life.

4 **Rejoice in the Lord always; again I will say, rejoice!**

5 **Let your gentle spirit be known to all men.** The Lord is near.

6 **Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**

7 And the peace of God, which surpasses all comprehension, will guard **your hearts** and **your minds in Christ Jesus.**

8 Finally, brethren, whatever is **true**, whatever is **honorable**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is of **good repute**, if there is any excellence and if anything worthy of praise, **dwell on these things.**

9 The things you have **learned** and **received** and **heard** and **seen in me, practice these things**, and **the God of peace will be with you.**

- Unity and harmony in THE Assembly
- Love and service towards the Brethren in the Assembly “helping”
- Being an Assembly that has Joy and Rejoicing as a central quality
- Being brethren that show a forbearing and gentle spirit to all men
- Having great HUMILITY in all of our lives, which equates to OBEDIENCE.
- We are to be people who DWELL on these things: the right things: the pure things: the lovely things: the things of good repute.

Ephesians 4:1-10

1 Therefore I, the prisoner of the Lord, implore you **to walk in a manner worthy of the calling** with which you have been called,

2 with all **humility** and **gentleness**, with **patience**, showing **tolerance for one another in love**,

3 **being diligent to preserve the unity of the Spirit in the bond of peace.**

4 There is **one body** and **one Spirit**, just as also you were **called in one hope of your calling**;

5 **one Lord, one faith, one baptism**,

6 **one God** and Father of all who is over all and through all and in all.

7 But to each **one** of **us** grace was given according to the measure of Christ's gift.

8 Therefore it says,

"When He ascended on high,

He led captive a host of captives,

And He gave gifts to men."

Quoted from Psalm 68:18

9 (Now this expression, "He ascended," what does it mean except that He also had descended into the lower parts of the earth?

10 He who descended is Himself also He who ascended **far above all the heavens**, so that He might fill all things.)

Fourth Key – Having No Anxiety PLUS Thankful Prayer IN THE LORD

Philippians 4:6 Be anxious for nothing, BUT in everything by prayer and supplication (*a need, entreaty*) with thanksgiving **let your requests be made known** (*imperative mood-command*) **to God.**

7 And the peace of God, which surpasses **all comprehension**, will guard your **hearts** and your **minds** in Christ Jesus.

8 **Finally**, brethren, whatever is **true**, whatever is **honorable**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is of **good repute**, **IF** there is any **excellence** and **IF** anything worthy of praise, **DWELL** on these things.

"Dwell on" = "to give careful thought to a matter, think [about], consider, ponder, let one's mind dwell on" (BDAG)

9 The **THINGS** you have **learned** and **received** and **heard** and **seen** in me, **practice these things**, and the **God of peace will be with you**.

Verse 6:

6 Be anxious for nothing, **but in everything by prayer and supplication with thanksgiving let your requests be made known to God**.

Matthew 6:9-15

9 "Pray, then, in this way:

'Our Father who is in heaven,

Hallowed be **Your** name.

10 '**Your** kingdom come.

Your will be done, On earth as it is in heaven.

11 Give **us** this day **our daily bread**.

12 'And forgive **us our debts**, as **we also** have forgiven our debtors.

13 'And do not lead **us into temptation**, but deliver **us from evil**. [For Yours is the kingdom and the power and the glory forever. Amen.']

14 For if **you forgive others** for their transgressions, your heavenly Father will also forgive you.

15 But **if you do not forgive others**, then your Father **will not forgive your transgressions**.

Matthew 6:25-34

25 **For this reason** I say to you, **do not be worried** (*merimnate – present-active-imperative mood - a command*) about your **life**, as to what you **will eat** or what you **will drink**; nor for **your body**, as to what you **will put on**. Is not life more than food, and the body more than clothing?

26 **Look** (*imperative mood-another command*) at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?

27 And who of **you by being worried** can add a single hour to his life?

28 And why **are you worried** about clothing? **Observe** (*imperative mood*) how the lilies of the field grow; they do not toil nor do they spin,

29 yet I say to you that not even Solomon in all his glory clothed himself like one of these.

30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, **will He not much more clothe you?** You of little faith!

31 **Do not worry then, saying**, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?'

32 For the Gentiles **eagerly seek all these things**; for your heavenly Father knows that you need all these things.

33 **BUT seek** first **His kingdom** and **His righteousness**, and **all these things** will be added to you.

*The **TWO** priorities for His people: SEEK **FIRST** His kingdom AND His **righteousness**.*

34 **“So do not worry** about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Matthew 6:19 Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal.

Quotes on worry and anxiety:

“Worry does not empty tomorrow of its sorrow. It empties today of its strength.”

“There are two days in the week about which and upon which I never worry...
Yesterday and Tomorrow.”

“Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”

“Today is the tomorrow you worried about yesterday.”

“There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever.”