

PAUL'S LETTER TO THE PHILIPPIANS:

May 16th – Introduction and Chapter 1:1 to 1:20

May 23rd – Chapter 1:19 to 2:18

May 30th – Chapter 2:19 to 3:16

June 6th – Chapter 3:17 to 4:23

Review of Last Week

Examples of a LIFE IN CHRIST

***Humility *Obedience *Sacrifice *Service**

- 1. The Example of Timothy (2:19 – 2:24)
 - 2. The Example of Epaphroditus (2:25 – 2:30)
 - 3. The Example of Paul's past life (3:1 – 3:11)
 - 4. The Example of Paul's present life (3:12 – 3:16)
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Outline For This Week

- 1. Follow Me! (3:17 – 3:21)
 - 2. Admonitions for Strength, Unity, and Joy (4:1 - 4:5)
 - 3. How to Pray, Think, Act (4:6 - 4:9)
 - 4. The Secret to True Contentment (4:10 - 4:13)
 - 5. The Blessings of Giving (4:14 - 4:20)
 - 6. Salutation (4:21 - 4:23)
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Follow Me! (3:17 – 3:21)



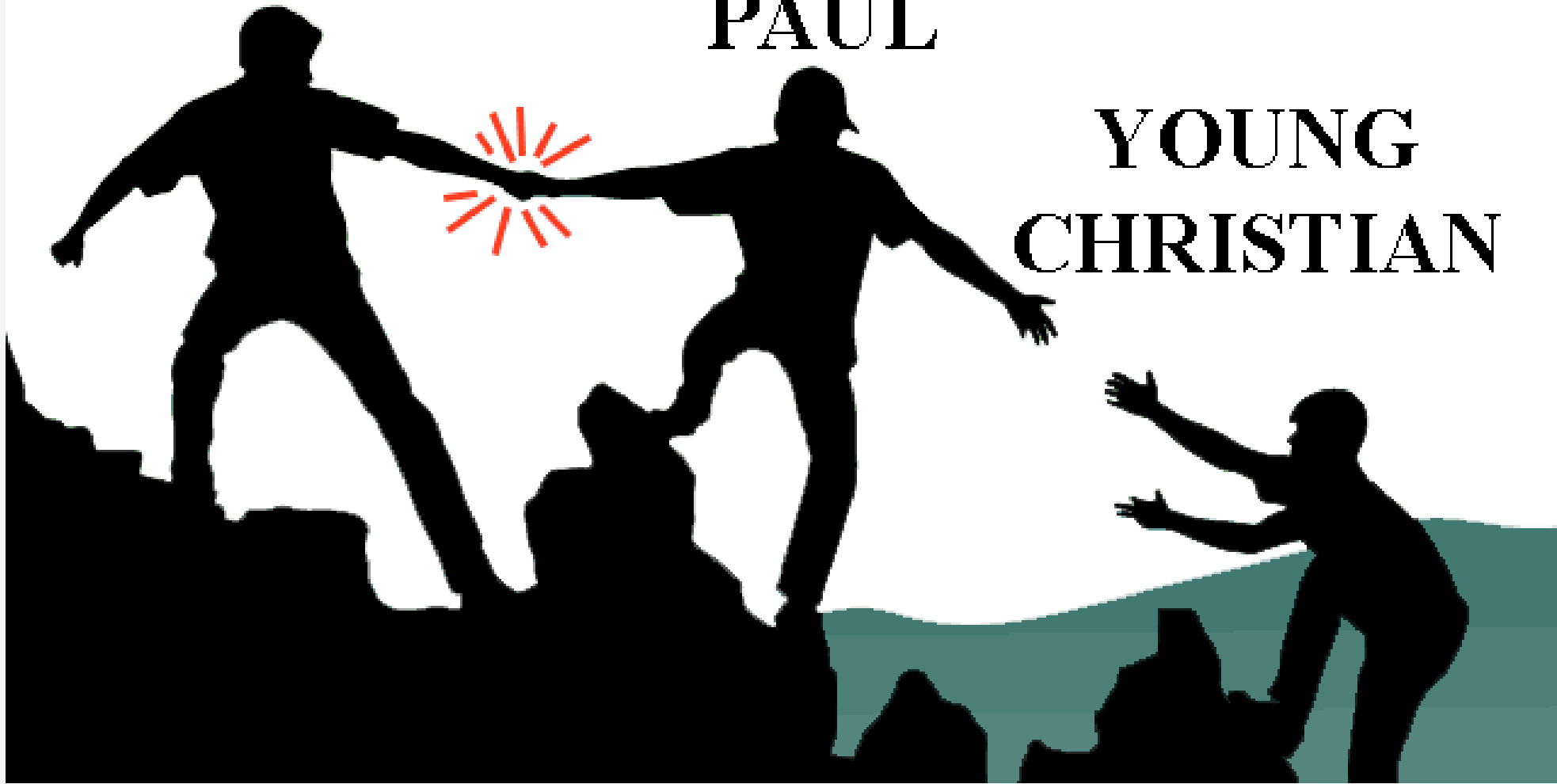
Follow the **RIGHT** leader!

- Imitate me, just as I also imitate Christ. (1 Corinthians 11:1)
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JESUS

PAUL

**YOUNG
CHRISTIAN**



JESUS

ME ???

**YOUNG
CHRISTIAN**



Do NOT follow the “flesh followers”

1. **Licentious Christians** - distorted the doctrine of Grace as a free **license** to sin

Romans 5:20b...But where sin abounded, grace abounded much more

Romans 6:1 What shall we say then? Shall we continue in sin that grace may abound? **2** Certainly not! How shall we who died to sin live any longer in it?

Do NOT follow the “flesh followers”

2. Gnostics - since our bodies are just evil matter anyway we might as well get as much pleasure out of them as we can.

1 Corinthians 6:19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? **20** For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Do NOT follow the “flesh followers”

3. Judaizers - believed grace alone is not sufficient for Salvation, the keeping of the Law is also required

Ephesians 2:8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— **9** not by works, so that no one can boast.

Our “lowly bodies” will be Transformed

1 Corinthians 15:42 So will it be with the resurrection of the dead. The body that is sown is perishable, it is **raised imperishable**; 43 it is sown in dishonor, it is **raised in glory**; it is sown in weakness, it is **raised in power**; 44 it is sown a natural body, it is **raised a spiritual body**.

Admonishments “IN THE LORD”

(4:1) stand fast “IN THE LORD”

(4:2) be of one mind, united “IN THE LORD”

(4:4) rejoice “IN THE LORD”

How to's for a Life in Christ

- How to PRAY (4:6)
 - How to THINK (4:8)
 - How to ACT (4:9)
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How to Pray

- PRAYER - adoration, devotion, worship
 - SUPPLICATION - personal petitions
 - THANKSGIVING
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Prayer and Thanksgiving go together

Colossians 4:2 Continue earnestly in prayer, being vigilant in it with thanksgiving

1 Thessalonians 5:15 Rejoice always; pray without ceasing; in everything give thanks

Yes, Christians are told to Meditate

Meditation - a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state.



Meditation in the Old Testament

Psalm 1:1 How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the LORD, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

Meditation in the New Testament

2 Timothy 2:7 Reflect on what I am saying, for the Lord will give you insight into all this. (NIV)

2 Corinthians 10:4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **5** We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NIV)

Things we are to meditate on (4:8)

1. Things which are **TRUE**: (alētheia)
 2. Things which are **NOBLE**: (semnos)
 3. Things which are **JUST**: (dikaiso)
 4. Things which are **PURE**: (hagnos)
 5. Things which are **LOVELY**: (prosphiles)
 6. Things of **GOOD REPORT**: (eophema)
 7. Anything of **VIRTUE**: (arete)
 8. Anything **PRAISWORTHY**: (epainos)
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The Secret to
True Contentment (4:10 - 4:13)



Paul's Weakness / Christ's Strength

2 Corinthians 12:9 And He said to me, “My grace is sufficient for you, for **My strength is made perfect in weakness.**” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake.

For when I am weak, then I am strong.

The Blessings of Giving (4:14 - 4:20)



Salutation (4:21 - 4:23)



What we learned today

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THANK YOU!

For the privilege to have been
able to share with you all.