

## **Bible Study, Series 4, Week 9**

### **Personal Bible Study**

#### **Day: 1**

*Read Philippians 4: 1*

1. Name two reasons why Paul is asking the congregation to persevere. (Philippians 3: 18, 20)
2. Have a look at how Paul is describing his congregation in verse 1. Why does he address them as "brothers," his "joy and crown" and "loved and longed for?" (Crown is a sign of success.)

#### **Day: 2**

*Read Philippians 4: 2*

1. "Euodia and Syntyche" These two sisters were prominent members of the congregation. They helped Paul either at the begging when he founded the congregation or during a later visit and they worked with him in the congregation whole heartedly. But on some or other very important matter, though, they differed and that became a problem that brought a division between them.
2. Those that are looking for a perfect church on earth need to take note of the facts in verse 2. The church is not perfect because people like Euodia and Syntyche, you and I, belong to it!

#### **Day: 3**

*Read Philippians 4: 3*

Paul now speaks to a persona he calls "Syzygus" - it means co-worker. He calls him faithful Syzygus and asks him to use his influence in the congregation to reconcile these two women and get them back into the fold of the congregation.

"In the book of life" the Jews believed in a bookkeeping system in heaven where all a person's deeds, good and bad, were written up. The names of God's nation were written in the book of life (Compare Exodus 32: 32-35, Luke 10: 20 and Revelations 3: 5, 13: 8)

1. Syzygus had to play peacemaker (compare Mathew 5: 9.) Why does Paul expect it of him?
2. Aren't there some believers in your community that you can "help" in this way? If so, take the command of verse 3 to heart.

#### **Day: 4**

*Read Philippians 4: 4*

"Rejoice in the Lord always. Again I say, Rejoice!" Is it really possible to be glad in the way Paul expects, every day? Is it realistic when your friends are being persecuted, when you are on trial yourself and that you are waiting for sentencing? When you are most likely going to receive the death penalty?

This is what happens when your gladness - as Paul puts it - is in the Lord. It is rejoicing in what we have in heaven. Our outward living circumstances play no role in it. It is not a prerequisite for our gladness.

1. Do you understand Romans 8; 28 concerning this? Try and cope with your own difficulties in this way.
2. Paul's gladness can be found in Christ being glorified (1: 19-20) and because his Savior, in whose death on the cross he stands, is completely capable of supplying all his needs (4: 11-13, 19 and 20.) What is the basis of your gladness and joy?

**Day: 5**

*Read Philippians 4: 5*

The friendliness of the believers have to become known. They must treat all people in this way.

To understand this verse really well have a look at how The Message translates it: "Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!"

This attitude should be the best known characteristic of a believer's life. It is the fruit of the spirit (Galatians 5: 22.) This attitude is a powerful witness. It may even be the only way you can witness in your circumstances! Do it then.

1. How are you going to manage to be friendly towards everyone all the time?
2. What, does this verse say, is the reason why you have to act in this way all the time?

**Day: 6**

*Read Philippians 4: 8-9*

Paul teaches us that teaching and life goes hand in hand. The inner virtue and the praiseworthy life are the flip sides of a coin.

1. In these verses Paul is describing practical Christian life. These are the things we have to do. How?
2. When is God with us, according to these verses?

### **Group Bible Study**

*Read Philippians 4: 4-9*

1. What is the relation between the last words of verse 5 and verse 6-7?
2. Paul writes about "concern and anxiety" a few times in this piece. What does it mean? How are we supposed to see our responsibility in the light of Mathew 6: 25-28, 34 and 10: 19?
3. Is it a sin to be concerned? Motivate your answer.
4. What is the solution for your concerns or worries?
5. What are the circumstances and the attitude that we can approach God in prayer, according to these verses?
6. What is the result of a committed prayer life according to verse 7? Do you experience it?
7. The two big problems are our "heart" (emotions) and our "thinking". What does the Peace Of God do with it?
8. How does it happen?
9. In verse 8-9 Paul gives us a few hints about our thoughts. What do each of the 6 things a Christian has to keep his thoughts to mean (verse 8?)
10. Why does the Bible Say we have point our thoughts to these virtues? What role does these play in your life?
11. What is the result of obedience (verse 10?) Say what it means in practice.