



1 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!

2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord.

3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. **9** Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you

were concerned, but you had no opportunity to show it. **11** I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **12** I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. **13** I can do all this through him who gives me strength.

14 Yet it was good of you to share in my troubles. **15** Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; **16** for even when I was in Thessalonica, you sent me aid more than once when I was in need. **17** Not that I desire your gifts; what I desire is that more be credited to your account. **18** I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. **19** And my God will meet all your needs according to the riches of his glory in Christ Jesus.

20 To our God and Father be glory for ever and ever. Amen.

21 Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. **22** All God's people here send you greetings, especially those who belong to Caesar's household.

23 The grace of the Lord Jesus Christ be with your spirit. Amen.

STUDY NOTES

Anxiety is worse than ever in our modern world, with constant bombardment from always-connected devices. Our phone-checking muscle memory has become like a smoker reaching for a cigarette, exposing us to the never-ending scroll of anxiety-inducing information. It's easy to start thinking "I have to take control," forgetting God is in control. We become anxious, attempting to face uncertainty on our own.

We are commanded: **Do not be anxious**. Paul instructs us how to succeed: Through **prayer and petition**. This is how we receive the **peace of God** and avoid the anxiety that otherwise creeps in. The peace of God is anxiety's antidote! Let's break our addictive anxious behaviors, and know God is on His throne. -JT

[BlueLetterBible.org](https://www.BlueLetterBible.org) Commentary

My joy and crown: Paul used the ancient Greek word for crown that described the crown given to an athlete who had won the race. It was a crown of achievement (a *stephanos*); not the crown that was given to a king (a *diadema*). The Philippians, as they stand fast in the Lord, were Paul's trophy.

Euodia and ... Syntyche: Apparently these two women were the source of some sort of quarrel in the church. Instead of taking sides or trying to solve their problem, Paul simply told them to be of the same mind in the Lord.

These women who labored with me in the gospel is a telling phrase. These two women, Euodia and Syntyche, were faithful workers with Paul in the work of the gospel. Yet, they had a falling out with each other. Paul knew that this unfortunate dispute needed to be cleared up.

With Clement also: There was a notable Clement in the early church who was the leader of the church in Rome and wrote two preserved letters to the church in Corinth. Yet we don't know if this is the same Clement. It was a common name in the Roman world. We can contrast the brief mention of Euodia and Syntyche with the brief mention of Clement. If you had to have your whole life summed up in one sentence, would you like it to be summed up like Clement or like Euodia and Syntyche?

Rejoice: Despite the circumstance from which it was written, joy is all over the letter to the Philippians.

"I am glad that we do not know what the quarrel was about; I am usually thankful for ignorance on such subjects; - but as a cure for disagreements, the apostle says, 'Rejoice in the Lord always.' People who are very happy, especially those who are very happy in the Lord, are not apt either to give offense or to take offense. Their minds are so sweetly occupied with higher things, that they are not easily distracted by the little troubles which naturally arise among such imperfect creatures as we are. Joy in the Lord is the cure for all discord." (Spurgeon)

"What a gracious God we serve, who makes delight to be a duty, and who commands us to rejoice! Should we not at once be obedient to such a command as this? It is intended that we should be happy." (Spurgeon)

Let your gentleness be known: Paul used an interesting ancient Greek word (epieikeia) that is translated gentleness here. Other translations of the Bible translate epieikeia as patience, softness, the patient mind, modesty, forbearance, the forbearing spirit, or magnanimity.

This word describes the heart of a person who will let the Lord fight his battles. They know that vengeance is Mine, says the Lord (Romans 12:19). It's a person who is really free to let go of His anxieties and stresses, because he knows that the Lord will take up his cause.

Do not be anxious: This is a command, not an option. Undue care is an intrusion into an arena that belongs to God alone.

But in everything by prayer and supplication: Paul wrote that everything is the proper subject of prayer. There are not some areas of our lives that are of no concern to God.

We can really be **anxious** for nothing, pray about everything, and be thankful for anything.

Prayer and supplication: These two aspects of prayer are similar, but distinct. Prayer is a broader word that can mean all of our communication with God, but supplication directly asks God to do something.

Be made known: God already knows our requests before we pray them; yet He will often wait for our participation through prayer before granting that which we request.

With thanksgiving: This guards against a whining, complaining spirit before God when we let our requests be made known. We really can be anxious for nothing, pray about everything, and be thankful for anything.

Peace of God: "What is God's peace? The unruffled serenity of the infinitely-happy God, the eternal composure of the absolutely well-contented God." (Spurgeon)

Which surpasses all understanding: It isn't that it is senseless and impossible to understand, but that it is beyond our ability understand and to explain - therefore it must be *experienced*. When people seem to "lose" their heart or mind, it often is connected to an absence of the peace of God in their life. The peace of God then does not act as a **guard** for their hearts and minds.

I can do all things through Christ who strengthens me: This refers to Paul's ability to be content in all things. To achieve this contentment, he needed the strength of Jesus Christ. Unfortunately, many people take this verse out of context and use it to reinforce a "triumphalist" or "super-Christian" mentality, instead of seeing that the strength of Jesus in Paul's life was evident in his ability **to be content** when he did **suffer need**.

We must always also put this precious statement of faith in connection with John 15:5: *for without Me you can do nothing*. With Jesus we can do all things, without Him we can't do anything.

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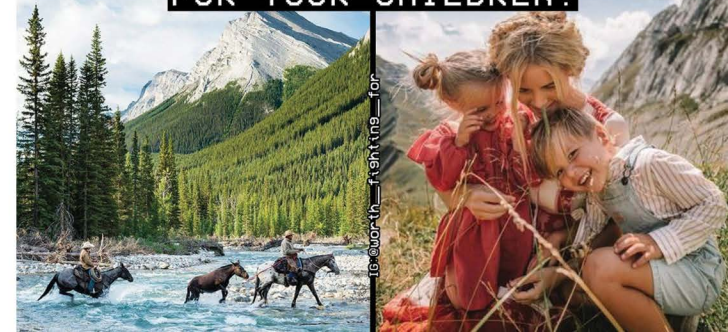
DO NOT BE ANXIOUS

PHILIPPIANS 4

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WHAT FUTURE FOR YOUR CHILDREN?



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