

Philippians
Lesson 4
April 30, 2026



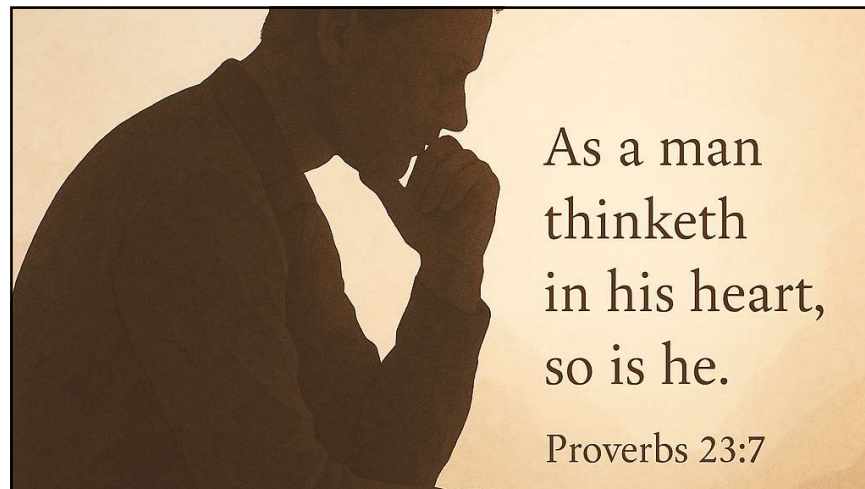
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1

Uses of the “mind” in Philippians:

- **1:27** “standing firm...**with one mind** striving together”
- **2:2** “being of **the same mind**...united in spirit”
- **2:5** “let **this mind** be in you which was in Christ”
- **3:15** “have **this mind** [attitude]” (2x)
- **3:16** “let us **mind** the same thing”
- **4:2** “be of **the same mind**”
- **4:7** “the peace of God...will guard ...your **minds**”
- **4:8** “think on these things” = let your **mind** dwell on these

2



3

"As a man thinks in his heart, so is he"
(Proverbs 23:7)

Sow a thought, reap an action.
Sow an action, reap a habit.
Sow a habit, reap a character.
Sow a character, reap a destiny!

4

Phil 4:1 “my joy and crown”:

I Thes. 2:19-20 (NKJV)

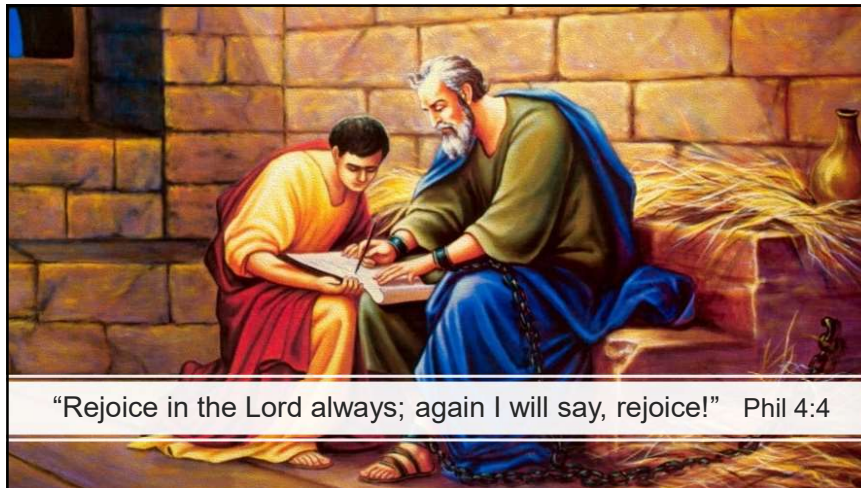
“For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming? For you are our glory and joy.”

5

Phil 4:3 “...**true companion**, I ask you also to **help these women** who have **shared my struggle** in the cause of the gospel...”

- “shared my struggle” = **SUNATHLEO**; same word in 1:27 “striving together”
- “true companion” = KJV “true yokefellow”
“true Syzygus” = a masculine name
- a play on words: “Syzygus, live up to your name and be a true yokefellow.”

6



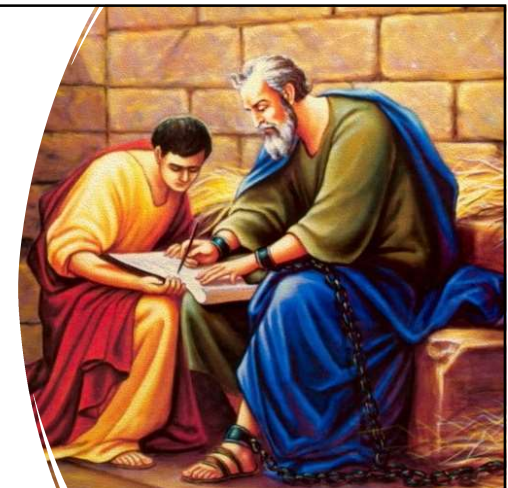
“Rejoice in the Lord always; again I will say, rejoice!” Phil 4:4

7

“Rejoice in the Lord always; again I will say, rejoice!” Phil 4:4

“The joy of the LORD is your strength.”

Neh 8:10



8

Phil 4:5 “Let your gentle spirit be known to all men.
The Lord is near.”

- Refers to sweetness of spirit under provocation.
- The reason? “the Lord is near”
“Remember, the Lord is coming soon.” (NLT)
- Knowing that the Lord will soon return is motivation for us to live for Him and represent Him well in the world.

9

Phil 4:6-7 The key of how to have peace:

1. “Be anxious for nothing” = literally NOT A THING
(NLT) “Don’t worry about anything; instead, pray about everything.”
2. “But in everything by prayer and supplication...let your requests be made known to God.”
 - a. Prayer = the general term for prayer which includes worship and adoration.
 - b. Supplication = earnestly asking (imploring) God for His help and provision
 - c. Requests = making your specific needs known to God

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Phil 4:6-7 The key of how to have peace:

1. “Be anxious for nothing” = literally NOT A THING
2. “But in everything by prayer and supplication...let your requests be made known to God.”
3. “With thanksgiving” = a key to peace
Thankfulness is an attitude of the heart that recognizes that all we have is from the Lord.
4. “And the peace of God...”
 - a. “surpasses all comprehension [or understanding]”
 - b. “will guard your hearts and your minds in Christ Jesus”

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Phil 4:8 A litmus test for our thoughts:

- Whatever is true, honorable, and right = honest or reliable, worthy of respect, right or just.
- Whatever is pure, lovely, of good repute or good report = worth talking about, morally pure, majoring on noble thoughts
- Anything excellent (virtuous), anything worthy of praise = excellence and virtue motivate us to grow and improve; worth commending to others.
 - Think, Dwell, Focus on these things

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Isaiah 26:3

“Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusts in Thee.”

13

Phil 4:9 “the God of peace will be with you”

- v.7 “the peace of God...will guard your hearts and minds”
 - v.9 “the God of peace will be with you”
- God’s peace in their hearts and God’s presence with them = the ultimate cure for worry!

14

We must have peace with God before we can have the peace of God.

Peace with God:

Romans 5:1

“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.”

Peace of God:

Phil 4:7

“And the peace of God...will guard your hearts and minds in Christ Jesus.”

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