

**Cultivating a  
Rejoicing Mind and Heart**

**Philippians 4:4-9**

# Background Information

- On Paul's 2<sup>nd</sup> missionary journey he founded the Philippian church in 52 AD.
- These events are recorded in Acts 16.
- Paul is writing this letter from prison in Rome, in the year 62 AD, about 10 years later
- Epaphroditus had just come from Philippi bearing a gift of money for Paul (Phil. 4:18).

# Philippians 4:4-9

<sup>NIV</sup> **Philippians 4:4** Rejoice in the Lord always. I will say it again: Rejoice!

<sup>5</sup> Let your gentleness be evident to all. The Lord is near.

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

<sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# Philippians 4:4-9

<sup>8</sup> 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.

<sup>9</sup> 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.

# Philippians 4:4-9

## **I. A command: rejoice in the Lord always (4:4)**

<sup>4</sup> Rejoice in the Lord always. I will say it again:  
Rejoice!

**A. Choose to rejoice no matter the circumstances.**

**B. Celebrate your source of strength to rejoice:  
“in the Lord”**

- **Union with Christ brings fellowship with God and the power of the Holy Spirit.**

# Philippians 4:4-9

## II. A command for gentleness (4:5)

<sup>5</sup> Let your gentleness be evident to all. The Lord is near.

### A. The meaning of “gentleness”

- Goodwill; fairness; magnanimity; reasonableness; forbearance.

### A. The motive for “gentleness”

- “the Lord is near”

# Philippians 4:4-9

## **III. A command not to be anxious about anything (4:6).**

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

### **A. Common causes for anxiety.**

- Jesus gave the most common causes:
- Physical attributes; clothing; food & drink; the future (Matt. 6:25-34)

# Philippians 4:4-9

## III. A command not to be anxious about anything (4:6).

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

### **B. What to do when “anxious” feeling come:**

- Pray specifically about the situation.
- Look for things to be thankful for as you pray.
- Rely on God who knows and cares.



# Philippians 4:4-9

**III. A command not to be anxious about anything (4:6).**

*"O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry  
Everything to the Lord in prayer."*

# Philippians 4:4-9

**III. A command not to be anxious about anything (4:6).**

**C. A promise of peace for those who follow instructions.**

– <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# Philippians 4:4-9

## **C. A promise of peace to those who follow instructions.**

– <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- 1. It is a peace from God** – not based on changed circumstances or needs being met.
- 2. It transcends all understanding.**
- 3. God's peace will guard your heart and mind in Christ Jesus.**

# Philippians 4:4-9

## **IV. How to maintain the peace of God in your life. (4:8-9)**

### **A. We must cultivate an inner environment of peace by controlling our thoughts. (4:8)**

<sup>8</sup> 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.

# Philippians 4:4-9

**A. We must cultivate an inner environment of peace by controlling our thoughts. (4:8)**

## **1. Discipline your thought-life!**

<sup>8</sup> 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.

# Philippians 4:4-9

- whatever is **true** – John 17:17 “thy word is truth”
- whatever is **noble** - worthy of respect, or honorable
- whatever is **right** – in God’s eyes as measured by His Word.
- whatever is **pure** – morally upright
- whatever is **lovely** – up lifting
- whatever is **admirable** -- commendable
- if anything is **excellent** or **praiseworthy**
- -- **think about such things!**

# Philippians 4:4-9

**A. We must cultivate an inner environment of peace by controlling our thoughts. (4:8)**

**B. We must practice these truths. (4:9)**

- <sup>9</sup> 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.
- If we practice these truths we have the promise: “the God of peace will be with you.”

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