

Philippians

CHAPTER 4:8,9

Lesson 15

Last week, in Lesson 14, we studied *peace*. *Peace* involves both the heart and the mind. Wrong thinking leads to wrong feeling. Wrong feelings often lead to wrong actions. “Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny!” Therefore, what we *think on* is of utmost importance. Philippians 4:8,9 are the last verses of exhortation in Philippians. They include a detailed list of what we are to *meditate on* and a summons regarding the things we are to *do*. The result: *the peace of God will be with you*. May you discover the joy of obeying these two verses as you study.

Read Philippians 4:1-9

1. Philippians 4:1-9 contains the greatest amount of instructions contained in the book of Philippians. List each of the instructions in this section. Following each instruction, record the verse reference in parenthesis. We have provided the first one for you.

1. Stand fast in the Lord (1)

2. How does adherence to these instructions produce joy and peace?

3. Mark 12:30 tells us that we are to *love the LORD our God with all our heart, with all our soul, with all our mind, and with all our strength*. Jesus reminds us in John 14:15 that *if we love Him, we will keep His commandments*. Often, we read instructions like those in Philippians 4:1-9 as suggestions. What words or phrases did Paul use in these verses to indicate his serious intentions?
 - a. How do Mark 12:30 and John 14:15 inspire you to obey the commands of Philippians 4:1-9 more whole-heartedly?
 - b. What reason does Jesus give for giving His disciples the instructions in John 15? See John 15:11.
 - 1.) How does knowing it is God's intention that our obedience result in a *joy that is full* cause you to want to obey Him?
4. Why do you think that knowing the importance and benefits of obedience is still not enough to cause us to obey?
 - a. What are some things we can do to make obedience to God's commands more of a reality in our lives?

“Weighing the pros and cons for and against a statement of Jesus Christ's means that, for the time being, I refuse to obey Him.”

- Oswald Chambers

Read Philippians 4:8

1. Philippians 4:8 begins with the word, *finally*. Paul began his closing remarks with a list of things to *meditate on*. Record each of those things below by filling in the blanks.

Finally, brethren, whatever things are _____, if there is any _____ and if there is anything _____ - meditate on these things.

2. To *meditate* means to *think on*; “to make these things the subjects of your thoughtful consideration”, or “to carefully reflect on them”. What do the following verses say about the importance of what we choose to *think on*?
 - a. Matthew 15:18,19
 - b. Proverbs 4:23
 - c. Proverbs 23:7
 - d. Isaiah 26:3

Challenge: The word *meditate* is translated as *think* in the King James Version. The Greek word is *logizomai* (Strong’s #G3049). What other words are used in the New Testament as translations of this word?

3. How does a person’s thinking affect her attitude and actions?
4. If we were to obey the teaching of Philippians 4:8, how would it change things such as reading, television, movies, listening, conversation, and thought life?

Read Philippians 4:8

1. Philippians 4:8 provides us with eight *things* we are to *meditate on*. Define each of these, look up and write out the Scripture referenced, and record your impression of what it means to *meditate on* them.
 - a. **True** - Definition:

John 17:17

Impression:

b. **Noble** - Definition:

1 Peter 2:12

Impression:

c. **Just** - Definition:

2 Samuel 23:3

Impression:

d. **Pure** - definition:

James 1:27

Impression:

e. **Lovely** - Definition:

2 Samuel 1:23

Impression:

f. **Good Report** - Definition:

1 Timothy 3:7

Impression:

g. **Virtue** - Definition:

2 Peter 1:3

Impression:

h. **Praiseworthy** - Definition:

Psalm 30:4

Impression:

2. 2 Corinthians 10:5 states our responsibility for what we think about. What does this verse say to you?

3. Whose life fully represents every characteristic in Philippians 4:8?
 - a. Therefore, when we are thinking in accordance with verse 8, Who is Lord of our thoughts?

Read Philippians 4:9

1. Philippians 4:9 is Paul's final instruction in Philippians. In a sense, Paul is giving a summary of everything he has been trying to say. He has dealt with particular problems, addressed potential and real problems, given sound and practical solutions, and has opened up his heart revealing his love and attitude towards the Lord Jesus Christ. Personalize the instructions of Philippians 4:9 by filling in the blanks.

I must do *the things* I have _____ and _____ and _____
and _____.

- a. Paul refers to the example of his own life here. Each Christian should be able to say the same to other believers. How does Paul's example inspire you?

2. From Philippians 4:9, what is the final promise Paul writes of?
 - a. Why is obedience to the instruction in the first part of this verse necessary to experience the *God of peace*?

