

(2) I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side-by-side with me in the Gospel with Clement and the rest of my fellow workers, whose names are in the Book of Life.

(4) Rejoice in the Lord always; again, I will say, rejoice!

(5) Let your reasonableness be known to everyone. The Lord is at hand.

(6) Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

(8) Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable --- if there is anything worthy of praise --- think of these things!

(9) What you learned and received and heard and seen in me --- practice these things, and the God of peace will be with you.

Think on these things:

- 1) Interestingly, Paul begins the 4th chapter asking for help in reconciling two of his friends and co-workers who are currently at odds with each other in the church. He is disturbed by their quarrels, and it probably had a bad effect on others in the church, too. How should Christian churches handle “people problems” in their fellowship? See 1 Corinthians 6:1-8 and Galatians 6:1-2. How do you understand this with Jesus’ words, “Judge not, that you be not judged!” in Matthew 7:1-5?

- 2) How often should we “rejoice in the Lord” (v. 4)? Notice that Paul also repeats this command. What is the impact of joy in the Lord for Christians? See Nehemiah 8:10, Psalms 95:1 and Isaiah 58:13-14.

- 3) What about our Christian lives should be known to all (v. 5)? Consider also Romans 12:18, 1 Timothy 3:3, 2 Timothy 2:24, and Titus 3:2. See that it is the opposite of Christians being argumentative, judgmental, obnoxious or quarrelsome!

Known to all? _____

Romans adds? _____

1 Timothy: Not quarrelsome, but _____. 2 Timothy: Not quarrelsome, but _____.

Titus: Not quarrelsome, but _____

- 4) How are we to deal with anxiety, worry, and concerns --- for ourselves, our loved ones, our finances, our health, our...? What does God promise will guard our hearts and minds in Jesus?

Our concerns? _____

God's Promise? _____

- 5) In Philippians 2:5, Paul encouraged us with these words: "Your attitude should be the same as that of Christ Jesus." Now, in chapter 4:8, he challenges us to focus and control our thinking, which is consistent with Romans 12:2 --- "Don't conform to...this world --- but be transformed by the renewing of your mind." What we think about can lead us to sin, and what we think about can lead us to godly living --- it just depends on which direction we want to go. We can also view life as a glass half full or half empty. What six things does Paul say we should "ponder" in our minds? Can you think of other things, what Paul says is "anything worthy of praise"?

Six things to ponder: _____

Other noble things? _____

- 6) What happens when you seek to focus on the positive things in life (opinion)? Who help us to change the things we spend time thinking about (see 2 Corinthians 4:16, Colossians 3:10, and Titus 3:5)?

Focus on positives? _____

Who can help? _____

- 7) What does Paul say we should practice? _____

People and situations I want to pray for this week: