(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?

   Churches are to judge and settle disputes between people in their congregations and work to prevent lawsuits from happening. When a member is actively sinning, grounded spiritual members are to speak to him/her with a view to reconciliation. Christian believers are not to criticize (judge) other believers or unbelievers.

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.

   Rejoice always! Nehemiah – Joy in the Lord is a believer's strength. Psalms – Sing and make a joyful noise to God, our Rock. Isaiah – Delight in the Lord and honor God's holy day, and God will raise us up to the heights and feed (bless) us.

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? **Our reasonableness (NIV = gentleness), the opposite of quarrelsome!**

   Romans adds? **To the extent it depends on us, live peaceably with others.**

   1 Timothy: Not quarrelsome, but **gentle.** 2 Timothy: Not quarrelsome, but **kind.**

Titus: Not quarrelsome, but **gentle, showing courtesy towards all.**

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? **Bring these to God through prayer and supplications, with thanksgiving.**

God's Promise? **He offers peace beyond understanding to guard our hearts and minds.**

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: **What is true…honorable…just (fair)…pure…lovely…and commendable.**

Other noble things? **(Opinion answer) --- Anything worthy of praise might include noble efforts by volunteers giving unselfishly to the community, governmental actions that reinforce biblical teachings, family successes (births, graduations, marriages), others' steps of faith, etc.**

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? **An opinion Q. However, we generally always "find" what we are looking for, whether good or bad.**

Who can help? **God the Holy Spirit (Titus). The H.S. renews our inner selves (2 Corinthians) in the image of our Creator (Colossians).**

7) What does Paul say we should practice? **What we have seen, received, and learned from him (Paul).**

People and situations I want to pray for this week: