**Chapter 4. The Secure Mind (How To Experience Joy in Spite of Your Thoughts)**

**4.1 Paul’s First Exhortation**

Therefore,

my brothers,

whom

I love

and long for,

my joy

and crown,

stand firm thus

in the Lord,

my beloved.

**4.2 Paul’s Second Exhortation**

2I entreat

Euodia and

Syntyche

to agree in the Lord.

3Yes, I ask you also,

true companion,

help these women,

who have labored

side by side with me in the gospel

together with Clement

and the rest of my fellow workers,

whose names are in the book of life.

**4.3 Paul’s Third Exhortation**

4Rejoice

in the Lord

always;

again I will say, rejoice.

5Let your reasonableness

be known

to everyone.

The Lord is at hand;

**4.4 Paul’s Final Greetings**

21Greet

every saint

in Christ Jesus.

The brothers who

are with me

greet you.

22All the saints

greet you,

especially those

of Caesar's household.

23The grace of the Lord Jesus Christ

be with your spirit.

**4.5 The Peace of God (Philippians 4:6-7)**

**4.5.1 Through P\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

6do not be anxious

about anything,

but

in everything

by prayer

and supplication

with thanksgiving

let your requests

be made known

to God.

**4.5.2 Through P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Peter 1:3-4; Romans 15:4-6)**

7And the peace of God,

which surpasses all understanding,

will guard

your hearts

and your minds

in Christ Jesus.

**4.5.3 Through C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (John 14:27; John 16:33)**

**4.6 The Presence of God (Philippians 4:8-9)**

**4.6.1 Through F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (Romans 7:18-25; 8:1-6)**

8Finally,

brothers,

whatever is true,

whatever is honorable,

whatever is just,

whatever is pure,

whatever is lovely,

whatever is commendable,

whatever is excellent {i.e. if there is any excellence},

whatever is praiseworthy {i.e. if there is anything worthy of praise},

think about these things.

**4.6.2 Through A\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (Philippians 3:13-15; 2 Corinthians 10:4-6)**

9What you have

learned and

received and

heard and

seen in me

**practice** these things,

**4.6.3 Through R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (Romans 15:5,13)**

and the God of peace will be with you.

**4.7 The Provision of God (Philippians 4:10,14-19)**

**4.7.1 Through F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Corinthians 1:8-11)**

10I rejoiced

in the Lord

greatly

that now at length

you have revived

your concern for me.

You were indeed concerned for me,

but you had no opportunity.

14Yet it was kind

of you

**to share my trouble.**

**4.7.2 Through M\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Corinthians 1:3-4)**

15And you Philippians yourselves

know that in the beginning

of the gospel,

when I left Macedonia,

no church

**entered into partnership**

with me

in giving

and receiving,

except you only.

**4.7.2 Continued**

16Even in Thessalonica

you sent me help

for my needs

once

and again.

17Not that I seek the gift,

but I seek

the fruit

that increases

to your credit.18

I have received full payment, and more.

I am well supplied,

having received from Epaphroditus

the gifts you sent,

a fragrant offering,

a sacrifice acceptable

and pleasing to God.

**4.7.3 Through G\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

19And my God

Will supply

Every need of yours

According to his riches in glory

In Christ Jesus.

**4.8 The Power of God (Philippians 4:11-13; 20)**

**4.8.1 Through C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Corinthians 4:16-18)**

11Not that I am speaking of being

in need,

for I have learned in

whatever situation

I am to be content.

12I know how to be brought low,

and I know how to abound.

In any and every circumstance,

I have learned the secret

of facing plenty

and hunger,

abundance

and need.

**4.8.2 Through D\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Corinthians 12:7-10; 4:7)**

13I can do

all things

through him

who strengthens me.

**4.8.3 Through T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - see also (2 Corinthians 4:6; 3:18)**

To our God and Father be glory forever and ever. Amen.

**Reinforcing the Passage**

*How much happier you would be if you only knew that these people cared nothing about you! How much larger your life would be if your self could become smaller in it; if you could really look at other men with common curiosity and pleasure; if you could see them walking as they are in their sunny selfishness and their virile indifference! You would begin to be interested in them because they were not interested in you. You would break out of this tiny and tawdry theater in which your own little plot is always being played, and you would find yourself under a freer sky, in a street full of splendid strangers.” G.K. Chesterton*

*“The highest form of prayer is to the goodness of God … God only desires that our soul cling to him with all of its strength, in particular, that it cleans to his goodness. For of all the things our minds can think about God, it is thinking upon his goodness that pleases him most and bring the most profit to our soul.” Julian of Norwich*

*"Hold us in quiet through the age-long minute while Thou art silent and the wind is shrill. Can the boat sink while Thou, dear Lord, art in it? Can the heart faint that waiteth on Thy will?" Amy Carmichael*

“Some of you are in very serious trouble. Maybe you've just had a very bad piece of news. Remember that the Lord is in the boat. Jesus slept on a pillow in the midst of a raging storm. How could He? The terrified disciples, sure that the next wave was going to send them straight to the bottom, shook Him awake with rebuke. How could He be so careless of their fate? He could, because He slept in the calm assurance that His Father was in control. His was a quiet heart. We see Him move serenely through all the events of His life. When He was reviled, He did not revile in return. When He knew that He would suffer many things and be killed in Jerusalem, He never deviated from His course. He had set His face like a flint. He sat at supper with one who would deny Him and another who would betray Him, yet He was able to eat with them, willing even to wash their feet. Jesus, in the unbroken intimacy of His Father's love, kept a quiet heart. None of us possesses a heart so perfectly at rest, for none lives in such divine unity. But we can learn a little more each day of what Jesus knew, what one writer called "the negligence of that trust which carries God with it." Who would think of using the word 'negligence' in regard to our Lord Jesus? To be negligent is to omit to do what a reasonable man would do. Would Jesus omit that? Yes, on occasion, when faith pierced beyond reason. This negligent trust--is it careless, inattentive or indolent? No, not in His case. Jesus, because His will was one with His Father's, could be free from care. He had the blessed assurance of knowing that His Father would do the caring, would be attentive to His Son's need. Was Jesus indolent? No, never lazy, sluggish or slothful, but He knew when to take action and when to leave things up to His Father. He taught us to work and watch, never to worry; to do gladly to do whatever we are given to do, and to leave all else with God.” Elizabeth Elliot

**Music Selections**

1. God is God (Steven Curtis Chapman)
2. Only Jesus (Matt Redman)
3. My Hope Is Built on Nothing Less (Sovereign Grace)
4. When Trials Come (Sovereign Grace)
5. In Christ Alone (Kristian Stanfil)
6. Awakening (Chris Tomlin)

**Movie Selections**

1. The Maldonado Miracle (PG)
2. Facing the Giants (PG)
3. World Trade Center (PG-13)
4. Signs (PG-13)
5. Sarah Plain and Tall (PG)