

**Recap of 8/20/17 (Phil 4:1-9):**

1. A key theme throughout Philippians is joy. During our study of this book, we will see ten specific reasons Paul gives for joy. All ten have their basis in Christ Jesus. Joy should permeate the Christian life not because of the circumstances in which we find ourselves, but because of who we are in Christ!
2. So far, we've encountered 9 of the 10 reasons for joy: 1st joy-fellow believers (Phil 1:4-5); 2nd joy-Christ is proclaimed (Phil 1:12-18); 3rd joy-rewarded faith (Phil 1:25-26); 4th joy-unity (Phil 2:1-2); 5th joy-fulfilling our purpose in Christ (Phil 2:14-18); 6th joy-Reunions (Phil 2:25-29); 7th joy-the person of God (Phil 3:1); 8th joy-in those we've led to Christ (Phil 4:1); 9th joy-name written in the Lamb's book of life (Phil 4:3-4).
3. Paul speaks of the joy he has because of those he's led to Christ and exhorts the Philippians to continue to stand firm (hearkens back to Phil 1:27-28) in unity – in the Lord. Not with my mind or your mind, but with the mind of Christ. We are to help those who are struggling with unity (or any other sin). One of our jobs as members of the body of Christ is to help others do the right thing (Heb 10:23-25, Gal 6:1, Jam 5:19-20). As believers, we need to accept admonition from our brothers and sisters.
4. Because believers' names are written in the book of life (Rev 20:12-15), we always have reason to rejoice (Lk 10:20) and we are commanded to rejoice. Paul then gives us the recipe for joy. 1) we are to be forbearing (gentle) with everyone (Phil 4:5). 2) We ought not worry, instead we are to take our concerns to God in prayer with an attitude of thankfulness. When we do this, the peace of God supernaturally flows over us in a way we can't comprehend (Phil 4:6-7). 3) We are to dwell (meditate, focus) on the good, honorable, right, and true things in our lives and relationships (Phil 4:8). When we do these things, we will have joy and be close to God.