**Be Anxious for Nothing**

**by Pastor Fee Soliven**

**Philippians 4:1-9**

**Wednesday Evening**

**March 30, 2022**

**Philippians 4:1-9**

1 Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved. 2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord. 3 And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, 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 gentleness be known to all men. The Lord is at hand. 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

**1 Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.**

Saints, Because of these amazing and certain promises, the believers in Philippi ought to stay true to the Lord—standing against false teaching or divisiveness from within and persecution from without.

**1 Corinthians 16:13-14**

13 Watch, stand fast in the faith, be brave, be strong. 14 Let all that you do be done with love.

**1 Thessalonians 2:19-20**

For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming? 20 For you are our glory and joy.

Saints, Paul referred to the Philippians as his joy and reward, proof that his labor had not been in vain (2:16). This congregation was dear to his heart. His words to them were of vital importance, for he cared about their very souls. How he longed to see them again; but during this time of his imprisonment, the yearning words of his letter, carried to them by a mutual friend, would have to suffice.

**2 I implore Euodia and I implore Syntyche to be of the same mind in the Lord.**

Saints, Paul not only warned the Philippian church of doctrinal errors (3:1–4:1), he also addressed some relational problems. Two women, Euodia and Syntyche, had been workers for Christ in the church—perhaps deacons. Their broken relationship was no small matter: Many had become believers through their efforts (see 4:3), but their quarrel was causing dissension in the church.

We do not know the reason for the disagreement, but Paul pled with them to settle it. He expected them to work it out themselves. The unity of the church was to be their highest concern.

**Romans 12:16-17**

16 Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. 17 Repay no one evil for evil. Have regard for good things in the sight of all men.

**3 And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.**

Saints, The identity of this true teammate remains a mystery. The reference may have been obvious to the Philippian believers.

Paul knew that he could count on this man to help these women work out their disagreement so they could once again fellowship with one another and be good examples in the church.

Euodia and Syntyche had worked hard with Paul in telling others the Good News. In many of the churches Paul visited, men were the key players, but women played a key role in founding the churches of Macedonia.

**Acts 16:14-15**

14 Now a certain woman named Lydia heard us. She was a seller of purple from the city of Thyatira, who worshiped God. The Lord opened her heart to heed the things spoken by Paul. 15 And when she and her household were baptized, she begged us, saying, "If you have judged me to be faithful to the Lord, come to my house and stay." So she persuaded us.

**Acts 16:40**

So they went out of the prison and entered the house of Lydia; and when they had seen the brethren, they encouraged them and departed.

Saints, at Philippi, women were the first to hear the gospel, and Lydia was the first convert. Those who were among the first to understand the gospel would be asked to teach. Thus, Euodia and Syntyche were to take an active part in teaching. Their quarrel was highly visible and threatened to disrupt the unity of the church. This intermediary was asked to help.

The mention of the women’s help reminded Paul of Clement and other coworkers who had also labored along with Paul. While the names of the rest of the coworkers are not listed, we can be sure that each person’s name is in the Book of Life.

The names of all believers are registered there. In the Old Testament this referred to a register of God’s covenant people.

**Exodus 32:32-33**

32 Yet now, if You will forgive their sin--but if not, I pray, blot me out of Your book which You have written." 33 And the LORD said to Moses, "Whoever has sinned against Me, I will blot him out of My book.

Saints, the “book” symbolizes God’s knowledge of who belongs to him

**Hebrews 12:22-24**

22 But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to an innumerable company of angels, 23 to the general assembly and church of the firstborn who are registered in heaven, to God the Judge of all, to the spirits of just men made perfect, 24 to Jesus the Mediator of the new covenant, and to the blood of sprinkling that speaks better things than that of Abel.

**Revelation 3:5-6**

5 He who overcomes shall be clothed in white garments, and I will not blot out his name from the Book of Life; but I will confess his name before My Father and before His angels. 6 He who has an ear, let him hear what the Spirit says to the churches." '

**Luke 10:19-20**

19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. 20 Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven."

**4 Rejoice in the Lord always. Again I will say, rejoice!**

Saints, Paul returned to writing to the church at large: Be full of joy . . . rejoice!

**Psalm 33:1**

1 Rejoice in the LORD, O you righteous! For praise from the upright is beautiful.

**Habakkuk 3:18**

Yet I will rejoice in the LORD, I will joy in the God of my salvation.

Saints, it seems strange that a man in prison would be telling a church to keep on rejoicing. But Paul’s attitude teaches us an important lesson: Our inner attitudes do not have to reflect our outward circumstances.

Paul was full of joy because he knew that no matter what happened to him, Jesus Christ was with him.

While believers often will encounter situations in which they cannot be happy, they can always rejoice and delight in the Lord.

**5 Let your gentleness be known to all men. The Lord is at hand.**

Saints, Joy isn’t always visible to others, but acts toward others are readily seen. So Paul encouraged the Philippians to let everyone see that they were considerate.

They should have a spirit that is reasonable, fair-minded, and charitable. Believers are motivated to joy and consideration of others by remembering that their Lord is coming soon. The promise of the Lord’s second coming encourages careful conduct by his followers.

**Hebrews 10:37**

"For yet a little while, And He who is coming will come and will not tarry.

**James 5:8**

You also be patient. Establish your hearts, for the coming of the Lord is at hand.

**6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

Saints, Attitudes of joy and gentleness, combined with constant awareness of Christ’s return, should dispel any worry. Believers should not set aside life’s responsibilities so as not to worry about them;

Paul was focusing on believers’ attitudes in daily life and as they faced opposition and persecution. Christians are to be responsible for their needs and their families and to care about and be concerned for others, but they are not to worry.

**Matthew 6:33-34**

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Saints, worrying is bad because it is a subtle form of distrust in God. When believers worry, they are saying that they don’t trust that God will provide and they doubt that he cares or that he can handle their situation.

Paul offered prayer as an antidote to worry. Instead, pray about everything. Prayer combats worry by allowing us catharsis.

We can off-load our stress onto God. Paul said to take all the energy that is used in worrying and put it into prayer.

This includes praying about everything. No request is too small, difficult, or inconsequential to God. Paul encouraged the believers to pray about what they need and then to thank God for all he has done. It may seem impossible not to worry about anything, but Paul explained that this can happen if believers truly give their worries to God. Worry and prayer cannot coexist.

**7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

Saints, If the Philippians would take to heart Paul’s words in Philippians, then they will turn from anxiety to prayer and be filled with God’s peace.

Saints, this peace is different from the world’s peace. It is peace that Jesus promised his disciples and all those who would follow him. True peace is not found in positive thinking, in absence of conflict, or in good feelings; it comes from knowing that God is in control.

**John 14:27**

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid”

Saints, believers are given peace with God when they believe, and they have the inner quiet of the peace of God as they daily walk with him.

**Romans 5:1**

“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ…”

Saints, God’s peace is far more wonderful than the human mind can understand. Such peace cannot be self-generated; it comes from God alone; it is his gift to us in a difficult world.

As with so much of God’s dealings with humanity, we cannot understand it, but we can accept and experience God’s peace because of his great love for us.

**8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.**

Saints, If one is to have this inner peace from God and maintain a life free of worry, then certain steps must be taken, notably in his or her thoughts. This list describes what should pervade believers’ minds. Believers should fix their thoughts on things that are:

1. True

Truth includes facts and statements that are in accordance with reality (not lies, rumors, or embellishments), sincere (not deceitful or with evil motives), and loyal, faithful, proper, reliable, and genuine. Truth is a characteristic of God.

2. Honorable

These matters are worthy of respect, dignified, and exalted in character or excellence.

3. Right

Thoughts and plans that meet God’s standards of rightness. They are in keeping with the truth; they are righteous.

4. Pure

Free from contamination or blemish; unmixed and unmodified; wholesome. Paul probably was speaking of moral purity, often very difficult to maintain in thoughts.

5. Lovely

Thoughts of great moral and spiritual beauty, not of evil.

6. Admirable

Things that speak well of the thinker—thoughts that recommend, give confidence in, afford approval or praise, reveal positive and constructive thinking. A believer’s thoughts, if heard by others, should be admirable, not embarrassing.

7. Excellent

Moral excellence; nothing of substandard quality.

8. Worthy of praise. This phrase may be restated as “anything that deserves the thinker’s praise” or “anything that God deems praiseworthy.”

Saints, Soon and Very soon, Jesus is about to appear, we are almost out of here!

**1 Thessalonians 4:13-18**

13 But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. 14 For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.

15 For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. 16 For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first.

17 Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. 18 Therefore comfort one another with these words.

**1 Corinthians 15:50-54**

50 Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. 51 Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed-- 52 in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed.

53 For this corruptible must put on incorruption, and this mortal must put on immortality. 54 So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: "Death is swallowed up in victory."

**Short Movie Slide>**

**Acts 2:38-39**

38 Then Peter said to them, "Repent, and let every one of you be baptized in the name of Jesus Christ for the remission of sins; and you shall receive the gift of the Holy Spirit. 39 For the promise is to you and to your children, and to all who are afar off, as many as the Lord our God will call."

**Let’s Pray!**

**Benediction**

**"May The LORD bless you and keep you, May The LORD make His face shine upon you, May The LORD be gracious to you, May The LORD lift up His countenance upon you, and give you His (Shalom) peace.” In Jesus Name!**