

14. Paul had lived and ministered in Philippi and had kept in touch with the believers. What four ways does Paul mention in verse 9 in which he had tried to help them? In what ways can we be like Paul or like the Philippians in this?

## Pray

Pray that in our Church we would be able to be agreed in the teaching of the Bible and that where there are other things we disagree about we would not allow them to cause divisions.

Pray for those who are suffering anxiety in various ways that they would indeed find “the peace of God” through prayer.

Pray for those members of our Church who through sickness or infirmity are unable to get to Church on Sundays and that as a fellowship we would continue to care for them.

Pray that as we give out Christmas tracts to the houses in the parish this year they would be read and that God would be pleased to use them to convict people of the reason why Jesus came and their need to trust in Him.

*David Phillips,  
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# Philippians

## Study 9 Stand Firm

### Philippians 4.1-9



*Paul didn't mind mixing his metaphors. Having written about pressing on, straining forward and walking he now tells us to stand firm.*

## Stand Firm

### Read Philippians 4.1-5

1. Paul had heard that they were standing firm (1.27) and encourages them to continue to do so. What do the following passages suggest about the situations in which we need to stand firm?

- Gal 5.1
- 2 Thess 2.15
- Eph 6.11-14

2. We don't know what the issue was between Euodia and Syntyche, but it was not so important that Paul felt the need to correct one or both. However, what is the danger to fellowship when people fall out?

3. Why do you think people become entrenched in such disagreements even when they apparently agree on the truths of the faith?

4. What were others to do to help? Do you think you are or would be good helping in such situations? (We don't know who Paul was referring to at the start of verse 3, though there are various ideas.)

5. (verse 5) Although the ESV translation has the word "reasonableness" in v5 elsewhere it translates it as "gentleness". What light do the following cast on what this means in practice?

- Titus 3.2
- James 3.17

6. How does such gentleness/reasonableness help in avoiding or resolving issues such as that between Euodia and Syntyche?

7. (verse 4) We have seen how key the theme of rejoicing is in this letter. Why is it important in standing firm? Why is it important when dealing with issues?

## **Anxiety and Peace**

### **Read Philippians 4.5-7**

9. What are we told to do when we might be anxious? What promise does these verses contain?

10. Can you think of times when you have found peace through prayer in the face of anxiety?

11. What examples do we have in this letter of where Paul might have been, or was, anxious? (See also 2 Cor 11.28 where he uses the same word.)

12. Despite the promise of these verses many Christians have suffered and do suffer from severe anxiety or depression. It is almost as if for some it is like Paul's thorn in the flesh, to keep them dependent upon God. How might the instruction in these verses therefore help even if we don't always find the peace we hope for?

## **Our Thinking**

### **Read Philippians 4.8-9**

13. In verse 8 Paul is not telling us about things we must do, but things we should think about (sometimes translated "meditate upon"). What sort of things do you spend your time thinking about? Why do our thoughts matter and how are the things Paul writes about here going to help us in pressing on and standing firm?