

## WEDNESDAY NIGHT BIBLE STUDY

A PILGRIM'S WALK THROUGH

# THE NEW TESTAMENT

## PHILIPPIANS



Reading: Philippians 4:1-8

### Introduction

- The book of Acts is our torchlight when it comes to the epistles/ letters of the New Testament.
- Concerning Philippians [Acts 16] sheds much light on the book.

### 1 The City Of Philippi

- The city was named after Philip II of Greece. (Father of Alexander the Great).
- Philippi was now part of the Roman province of Macedonia.
- It was both a commercial and military centre.

### 2 The Church At Philippi

- Paul was invited to Macedonia by a man in a vision.
- The founding members of the church were a wealthy woman called Lydia, a slave girl and a jailor along with his family.

### 3 A Communication To Philippi

- This letter was sent by Paul to the church some 10 years after its conception.
- Paul writes this '*prison letter*' from a prison in Rome where he awaits trial.
- Paul wrote this letter to:-
  - Thank them for their love gift
  - Relieve their fears concerning their friend Epaphroditus
  - Address a quarrel between 2 women in the church.

- The letter has 4 chapters and 104 verses.
- The key words are *'joy/glad'* (6 times) and *'rejoice/rejoicing'* (12 times.)

#### 4 The Theme Of Rejoicing

- Paul was experiencing in prison and poverty what most people don't experience in freedom and plenty.
- *"Rejoice in the Lord always and again I say rejoice."*
- Paul was experiencing Christ's own personal joy.
- Consider [John 15:11], [Nehemiah 8:10] and [Hebrews 12:2].
- Like Jesus, Paul was focusing on the joy beyond the trial/ordeal.
- [Luke 10:20] *"Rejoice, your names are written in heaven."* [Matthew 25:21 & 23].

#### 5 Outline Of Philippians

- Chapter 1: Rejoice in spite of suffering.
- Chapter 2: Rejoice in humble service.
- Chapter 3: Rejoice in spite of short comings.
- Chapter 4: Rejoice in every situation.

#### 6 What Christ Is To The Believer

- Paul mentions the Lord Jesus 48 times in this letter.
- [1:21] Christ is our life.
- [2:8] Christ is our example.
- [3:14] Christ is our goal.
- [4:13] Christ is our strength.

#### 7 How's Your Mental Health

- Paul's mental health might have been fragile being in prison but it wasn't.
- In this letter Paul uses the words *'mind, minds, like minded'* 10 times.
- Feed your mind the wrong stuff and it will become unhealthy.
- [3:19] some had their minds on *'earthly things.'*
- Give attention to your *'thought life.'*
- As a person thinks, so they are.
- [4:8] is a filter system for a healthy mind.

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### Teaching Biblically · Thinking Biblically · Living Biblically

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