THINK ON THESE THINGS
Philippians 4:4-9

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

What does it mean to rejoice? ________________________________
Thayer: to rejoice, be glad; to rejoice exceedingly; to be well, thrive
Louw-Nida: to enjoy a state of happiness and well-being
LEH: to rejoice at, to take pleasure in

How emphatic was Paul about rejoicing in our text? ____________________________

What should be our main reason for rejoicing in the Lord? (Luke 10:20) __________
_________________________________________________________________________

What does Paul teach us about rejoicing? (1 Cor. 13:6) ________________________

With 1 Cor. 13:6 in mind, let’s examine some circumstances in which we are to rejoice:
(Mt. 5:11-12) _____________________________________________________________
(Rom. 12:15) _____________________________________________________________
(Col. 1:23-25) ___________________________________________________________

Let’s take a look at some circumstances in which we are not to rejoice:
(Prov. 2:11-14) ___________________________________________________________
(Prov. 24:17) _____________________________________________________________
(Jam. 4:16) _____________________________________________________________

Read the three parables in Luke 15 and discuss what made God rejoice and why it should make us rejoice.
_________________________________________________________________________

What caused John to rejoice? (2 Jn. 1:4; 3 Jn. 1:3-4) _________________________

What did Paul say was his crown of rejoicing? (1 Thess. 2:19) ________________
_________________________________________________________________________

Think about all the things in your life that are worth rejoicing over since God is part of your life.
GENTLENESS

Philippians 4:5 Let your gentleness be known to all men. The Lord is at hand.

Define gentleness. ________________________________ ________________________

UBS: gentle, forbearing, considerate
BDAG: yielding, gentle, kind, courteous, tolerant

What do the following verses teach us about being gentle:

(1 Tim. 6:10-12) ___________________________________________________________

(2 Tim. 2:24-26) __________________________________________________________

(Titus 3:1-7) ___________________________________________________________________

(Gal. 6:1) ___________________________________________________________________

(Prov. 25:15: 15:1) __________________________________________________________

(Gal. 5:22-23) _____________________________________________________________

Why does Peter tell the wives of unbelieving husbands to be gentle? (1 Pet. 3:1-4)

___________________________________________________________________________

What is one of the qualifications of an elder? (1 Tim.3:3) _______________________

Why do you think this is an important quality in an elder? _________________________

___________________________________________________________________________

Were the apostles gentle? (1 Thess. 2:5-8) _________________________________

What does Paul say is necessary in our walk of faith? (Eph. 4:1-3) ______________

___________________________________________________________________________

Is God gentle? (Ps. 18:35; Mt. 11:29) _________________________________

Please share some examples in your own life of how gentleness worked out for you.

___________________________________________________________________________

___________________________________________________________________________
CAREFREE

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

What does it mean to be anxious and what does Paul say is the solution to anxiety?

What do we learn about anxieties from Matthew 6:25-33?

In the Parable of the Sower, what represents the thorny soil? (Mk. 4:18-19)

Why did Jesus rebuke Martha? (Lk. 10:38-42)

Note what we learn from Paul in the following verses:

Acts 27:22-25

2 Cor. 7:4-7

1 Tim. 6:6

Phil. 4:11

Why did the Psalmist have no cares in Psalm 23?

What thought caused Paul to work for the Lord without being buried in anxiety? (2 Tim. 1:12).

What did Peter say to do with all your cares? (1 Pet. 5:6-7)

Since we are to be anxious for nothing does this include not caring about anyone, anything or making plans for the future?

1 Cor. 12: 25-26

1 Cor. 11:28

Titus 3:8
Mt. 6:1

Gal. 6:1-2

1 Tim. 5:8

Notice how the following verses teach us that prayer is the answer to anxiety:

Lk. 18:1

Ps. 55:16-17

Lk. 11:5-13

Ps. 34:15-17

Ps. 145:18

1 Jn. 5:14-15

1 Jn. 1:9

Based on your own experience and from what we have learned from this lesson, what advice would you give to someone who is always worrying about everything?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
PEACE

Philippians 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

What title does Jesus have? (Isa. 9:6) _____________________________

How can we obtain peace? (2 Thess. 3:16) ___________________________

How, and through what, do people receive peace? (Rom. 5:1-2; Ps. 85:8-10) __________

How did Abraham keep the peace, and what we can learn from his actions? (Gen. 13:5-12)

How far are we to go to preserve peace? (Mt. 5:39-41) ___________________________

What is the cause of and solution for strife? (Jam. 4:1-8) __________________________

What sacrifices must we be willing to make to keep peace in the Lord’s church? (1 Cor. 6:12)

Did Jesus preach peace at any price? (Mt. 10:34-39) ___________________________

How are we to treat a person who rejects peace? (Titus 3:9-11) _____________________

What did Paul tell Timothy about the servant of the Lord? (2 Tim. 2:24-26) ___________

Why do you think a person would desire to have strife and conflict instead of peace?

How can you become a peacemaker at your:
Home ____________________________________________________
Job _______________________________________________________
Church ___________________________________________________
**TRUTH**

*Philippians 4:8 Finally, brethren, whatever things are true - meditate on these things.*

What is truth? (Jn. 17:17) ____________________________________________

What does the truth do? (Jn. 8:32) _______________________________________

What contrast is made between God and Satan in the following?

Tit. 1:2 _____________________________________ Jn. 8:44 _______________________________________

What do we learn about liars in Rev. 21:8? _______________________________________

What incentive do we have for loving the truth and accepting it? (2 Thess. 2:9-14) ______

__________________________________________________________

What are we told to preach? (2 Tim. 4:1-4) _________________________________

What do we learn about truth from:

Eph. 6:13-14 ____________________________________________________________

Prov. 12:19 _____________________________________________________________

Gal. 4:16 ______________________________________________________________

What two elements are necessary to worship God? (Jn. 4: 21-24) ________________

__________________________________________________________

What can bring the wrath of God on man? (Rom. 1:18) ___________________________

What can we learn from the example in Acts 5:1-11? ____________________________

__________________________________________________________

What does love cause us to do? (1 Cor. 13:4-6) _____________________________

How would you explain to someone that the truth is always better than a lie? __________

__________________________________________________________
Philippians 4:8 whatever things are noble - meditate on these things.

What does noble mean to you? ______________________ ________________________

Friberg: of persons, that which in a human being calls forth veneration and respect from others honorable, of good character, worthy of respect

BDAG: of characteristics, states of being, and things honorable, worthy, venerable, holy, above reproach

What were the qualifications for the 7 men chosen to serve in Acts 6:1-3?______________

Why is it important for those who serve to be noble? ________________________________

Why did Peter say we need to conduct ourselves honorably around others? (1 Pet. 2:11-12)

___________________________________________________ _____________________

What does Paul teach us about walking honestly? (1 Thess. 4:9-12; Rom. 13:12-14)

___________________________________________________ _____________________

Did the writer of Hebrews desire to live a noble life? (Heb. 13:18) _________________

Why do we pray for all men and for those in authority? (1 Tim. 2:1-2) _______________

___________________________________________________ _____________________

What did John the Baptist teach his hearers about being noble? (Lk. 3:12-14) _________

___________________________________________________ _____________________

What did Isaiah teach his people in Isaiah 33:12-13? ______________________________

How popular is honesty in our society today? _________________________________

What are some things in which being honest might cause you some problems, and should this stop you from being honest?

___________________________________________________ _____________________

How highly do you value a good name? (Ecc. 7:1)? _______________________________
JUST

Philippians 4:8 whatever things are just - meditate on these things.

What does the word just mean to you? ____________________________________________

*Thayer – 1. righteous, observing divine laws. 2. in a wide sense, upright, righteous, virtuous, keeping the commands of God. 3. of those who seem to themselves to be righteous, who pride themselves to be righteous, who pride themselves in their virtues, whether real or imagined. 4. used of him whose way of thinking, feeling, and acting is wholly conformed to the will of God.*

Who is to be just?

2 Sam. 23:3 __________________________________________ __________________________

Tit. 1:5-8 __________________________________________ __________________________

Col. 4:1 __________________________________________ __________________________

Heb. 10:38 __________________________________________ __________________________

How did God demonstrate His righteousness for us? (Rom. 3:23-26) __________________

___________________________________________________ ______________________


Who made it possible for us to be just? (Rom. 5:19) __________________________

Is it possible to pretend to be just, but really be unjust? (Lk. 20:19-20) ______________

Is it possible to think you are just when you are not? (Lk. 18:9-14) ______________

What can we learn about being just from Cornelius (Acts 10, 11; 10:22) ______________

___________________________________________________ ______________________

Why is it important for us to strive to be just even in small matters? (Lk. 16:10) ______

___________________________________________________ ______________________

What does being just cause us to do? (Acts 4:19-20) __________________________

What is the acceptable way to judge someone? (Jn. 7:24) __________________________

How does being just affect our prayers? (1 Pet. 3:12) __________________________

What is the future for the just and unjust? (Jn. 5:28-29; 2 Pet. 2:4-15) ______________

___________________________________________________ ______________________
PURE

Philippians 4:8 whatever things are pure - meditate on these things.

What does the word pure mean to you?

Friberg: of persons, as characterized by moral purity pure, free from sin
Louw-Nida: pertaining to being without moral defect or blemish and hence pure - 'pure, without defect.

What is one of the most important pure things we should meditate on? (Ps. 19:8; 119:40; Jam. 3:17) Also read Psalm 1:1-2

What is the first step of becoming pure? (1 Pet. 1:22-23)

What is the reward of having a pure heart?
Mt. 5:8
Ps. 11:7
Ps. 24:3-5

What determines if a person is pure based on Mt. 23:25-28 and Mt. 12:33-37?

What are the dangers of self-imposed purity? (Prov. 30:12; 21:2 [example] Jud. 17)

What advice did Paul give to Timothy (1 Tim. 5:22)

Why is it so important for Christians to strive for purity? (1 Pet. 2:5; 1 Cor. 3:16; Rom. 12:1-2)

What are some other areas we are to be pure in? (Prov. 15:26; 21:8)

How do the pure and un-pure look at things differently (Tit. 1:15-16)

How does James describe pure religion? (Jam. 1:27)

What great advice does David gives us about remaining pure? (Ps. 101:2-5)
LOVELY, GOOD REPORT

*Philippians 4:8* whatever things are lovely, whatever things are of good report, -- meditate on these things.

What does the word lovely mean to you? ________________________________

*Friberg:* in a passive sense of what is pleasing acceptable, lovely; of persons friendly
*BDAG:* to causing pleasure or delight, pleasing, agreeable, lovely, amiable

Why is it important we think lovely thoughts? (Prov. 23:7) __________________________

_____________________________________________________________________________

What happened to those in Noah’s time who did not have lovely thoughts? (Gen. 6:5) __________________________

_____________________________________________________________________________

What are some things we can have lovely thoughts about based on the following verses:

Phil. 1:2-8 _______________________________________________________________________

2 Sam. 1:26 _______________________________________________________________________

Ps. 122:1 _______________________________________________________________________

1 Cor. 11:24-26 ___________________________________________________________________________

What can you do to help you think on lovely things instead of ugly evil things? ________

_____________________________________________________________________________

How does it affect your mood when you think about lovely things and when you think about ugly evil things?

_____________________________________________________________________________

What does a good report mean to you? ________________________________

*Friberg:* of things without moral defect harmless, acceptable, pure
*LSJ:* uttering sounds of a good omen, or abstaining from inauspicious words

This idea of mediating on a good report goes right along with thinking on lovely things. Since a good report is much more pleasant than a bad report, then why do our news stations focus mainly on bad news?
Is it possible for a faithful Christian to have a good report even among the enemies of Christ? (Acts 22:12)

What kind of people were sought to serve the church? (Acts 6:3)

What kind of man is sought to serve as an elder (1 Tim. 3:7)

What did Eli have against his sons? (1 Sam 2:22-25)

What did the Law of Moses forbid in Leviticus 19:16?

Those who circulate false reports and speak evil of others will be excluded from what? (Ps. 15:1-3)

What evil report was made about Jesus? (Mt. 11:19)

Why is better to focus on good reports instead of bad ones?

What do you do to make sure you mainly focus on good reports instead of bad ones?
VIRTUE, PRAISEWORTHY

Phileippians 4:8  if there is any virtue and if there is anything praiseworthy -- meditate on these things.

What does virtue mean to you? ____________________________________________

*Thayer*: Virtue: a word of very wide signification in Greek writings; any excellence of a person (in body or mind) or of a thing, an eminent endowment, property or quality. Used of the human mind and in an ethical sense, it denotes: 1. a virtuous course of thought, feeling and action; virtue, moral goodness 2. any particular moral excellence, as modesty, purity; 3. Used of God, it denotes his power...his excellences, perfections, 'which shine forth in our gratuitous calling and in the whole work of our salvation'

Read 1 Peter 4:1-4
What does Peter say is the motivation for us to not only mediate on virtuous things but to be people of virtue? ____________________________________________

How will the world view us when we start living a life of virtue? ________________________

What do we learn about a virtuous wife? (Prov. 31:10; 12:4) ________________________

How can being virtuous help you during a time of persecution? (1 Pet. 2:11-12) ______

What can happen if we are ashamed of living a virtuous life for God? (Lk. 9:26) ______

What should be our main goal of living a life of virtue? (Mt. 5:16) ___________________

What men or women in the Bible come to mind when you think about virtue? _________

How much virtue can be found in our modern TV programs and movies? ______________

Though we live in a free country with the right to worship God and live for Him, why is it so challenging for us to mediate on virtue and live virtuous lives?

___________________________________________________________
**LNJ gives the following definition of praiseworthy:** pertaining to deserving approval or good reputation - ‘worthy of praise, worthy of approval.

What are some things worthy of praise?

Psalms 67:3 _____________________________________________

Psalms 150:2 ___________________________________________

1 Cor. 12:26 ___________________________________________

1 Cor. 11:2 _____________________________________________

In what area did Paul withhold his praise from the Corinthians? (1 Cor. 11:20-22) ______

____________________________________________________________________

Can we find things that are praiseworthy during trying times? (Acts 16:22-25) ______

What do we learn from Proverbs 27:2? ________________________________

Why must we be careful about how we receive praise from others? (Jn. 12:43) ______

____________________________________________________________________

How much time do we spend praising God in prayer? Read Psalm 148.

Philippians 4:4 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.