

Lesson 7

Joy in Christ

Philippians 4:8-13

We often hear the phrase “you are what you eat,” but it could also be said that “you are what you think.” What we think has the utmost impact on our behavior, our decisions, our actions. In this section of scripture, Paul gives us some invaluable instruction that will help us focus our minds on the right things and, through the ministry of the Holy Spirit, exhibit the mind of Christ (1 Corinthians 2:16).

Read Philippians 4:8-13.

1. Make a list of the things in verse 8 on which Paul instructs us to meditate.

2. How would meditating on what is true have helped Eve in the Garden of Eden when Satan tempted her? (Genesis 3:1-6)

3. How can meditating on what is noble (honorable) and just (right) help you make good decisions?

4. According to James 1:14-15, where does sin start?
 - a. When your thoughts go in the wrong direction, what are you to do about it? (2 Corinthians 10:5)
 - b. What are some practical things you can do to carry out this directive?

5. When we hear the word pure, or purity, our first thought is usually that it refers to sexual purity. What are some other areas to which moral purity extends?

6. In this list of virtues to meditate on, Paul lists things that are “lovely.” What are some things you would include in the category of “lovely”?

7. Things that are “of good report” are things that are commendable. List some things that might fit in this category.

8. Considering that Paul, in the previous verses, had just written about keeping peace between believers and helping each other when they got off track, how do you think dwelling on the things Paul listed in verse 8 would promote peace and reconciliation?
 - a. There are so many things in today’s world that bombard our senses with content totally opposite of what Paul describes as thought-worthy in verse 8. How do the following verses tell us we can combat this desensitizing overload of worldly influences?

Psalm 101:2b-3a –

Psalm 119:37 –

Isaiah 33:15-16a –

Psalm 119:11 –

9. Read Isaiah 26:3. How does this verse support what Paul affirms in Philippians 4:9?

10. Roman prisoners were dependent on family and friends to supply their needs. In verse 10, Paul thanks the Philippian believers for their care. Read verses 15, 16, and 18 and describe how the Philippians helped Paul.

a. Explain how the generosity described in the following verses can exemplify salvation.

Luke 19:1-10 –

2 Corinthians 8:1-7 –

b. Why did the gift from the church in Philippi cause Paul to rejoice? (Philippians 4:17)

11. In verse 11, Paul reveals that in whatever state he is in, he has learned to be content. How can you “learn” to be content?
 - a. In what was Paul’s contentment rooted? (Philippians 4:13)
 - b. Is this kind of contentment only available to super saints like the Apostle Paul? Why or why not?

PERSONAL: Verse 13 sounds like Paul’s victory cry in his earthly pilgrimage. Memorize this verse and make it your victory cry also!!

Share one thing from this lesson that has ministered to you and how you will apply this lesson to your life.

Notes
