

Philippians: Lesson #44: Again I Say Rejoice
Notes for Parents to Study with Their Children
For Wednesday, Oct. 8th

Read Phil. 4:1-18 (a simplified explanation of the text is supplied at the end of these notes).

Memory Verse: Phil. 4:4 “Rejoice in the Lord always. Again I will say, rejoice!”

Paul’s Joy and Crown

- Paul thought of the Philippians as very important to him. He called them his “joy” and his “crown”. He wanted to come see them as soon as he was freed from being a prisoner.

Two Women

- There were two Christian women that Paul knew and respected very much. Their names were unusual to us Euodia and Syntyche. These two had helped Paul before.
- But Paul tells them that they must be of the same mind. That probably means they had disagreed about something.
- Christians do sometimes disagree. That’s not unusual, but its important to work at being of the same mind. That means we try to get along and accomplish God’s Work and not let our person opinions get in the way of serving God.

The Book of Life

- Paul mentions that all Christians who worked for Christ’s cause have their names in the Book of Life. The Book of Life is a book in heaven where the names of God’s faithful people are recorded. Revelation 20:15 explains that your name must be in that book to go to heaven.
- We get our names in that Book when we become Christians and live faithfully before God.

Paul Tells Us Several Things About a Christian’s Attitude

- We should always rejoice in the Lord. There are lots of things in life that may make us unhappy, but if we will think about what we have in the Lord’s things it will make us much happier.
- We should always try to get along with others being kind and polite.
- It doesn’t do us much good to worry. Instead we should tell God what is bothering us and what we need. Then He will send us peace.
- We should spend our time thinking about true things, noble things, right things, pure things, loving things, things that will make others think well of us.
- What we think about will have a big effect on what we do.

Paul Was Very Thankful to the Philippians

- The Philippians were kind to send Paul money to help him. They did this because he taught the gospel and helped spread it to people. They had sent money to him several times to help him.
- Paul said that sometimes he did not have enough money, and sometimes he had plenty. But that whichever of those two situations he had been in, he tried to be content. Being content means that you aren't unhappy just because you don't have something. Being content means that even though you may not have something right now that you really want, or maybe even need, you can still be happy in life. You can still be thankful to God for the things that you do have.

Simplified Explanation of the Text

Help God's Workers

- 1 So then, my brethren who I love so much and long to see. You are my joy and my crown, so stand firm in the Lord, my beloved.
- 2 I urge Euodia and I urge Syntyche to be of the same mind in the Lord.
- 3 Really, my true fellow-worker, be sure to help these two women who have shared my struggle in the gospel. Not only them, but also help Clement and all my other fellow-workers, whose names are in the Book of Life.

A Christian's Attitude

- 4 Rejoice in the Lord all the time. And let me say again, "Rejoice!"
- 5 Let everyone see in you a willingness to yield your rights. Be reasonable, act courteously, deal gently with others, and be kindly considerate. Remember, the Lord is close by.
- 6 Don't be worried or troubled about anything, but in everything by prayer and petitions along with a thankful spirit make known your requests to God.
- 7 And the peace of God, which is above all our ability to comprehend, will guard your hearts and thoughts in Christ Jesus.
- 8 Now, brethren, as to the rest of what I wanted to say,
Whatever is true,
Whatever is noble, honorable and worthy of respect,
Whatever is right that conforms to God's standard of righteousness,
Whatever is pure that won't stain your life,
Whatever is loving and friendly,
Whatever is of good reputation and can be spoken of and thought of in a good way,
If anything is morally excellent,
If anything is worthy praising and commending,
Think about and meditate on these things.

Imitate Paul

- 9 All the things which you have learned, and received and heard and seen in me, be busy doing those things and the God of peace will be with you.

The Philippians Had Sent Help to Paul

10 I've been rejoicing a lot in the Lord because the thoughts you've had for me in time past have come up again. Of course, I know you've been thinking about me all along, but it just wasn't the right time to send help financial help.

11 But let me make it clear: I'm not saying this because of being in poverty. I've learned, no matter what condition I'm in, to be content and self-sufficient.

12 I know how to live lowly under humble circumstances, and I know how to live when I prosper. In any and all situations I have learned both to be full and to be hungry. Both when I abound and when I lack what I need.

13 I can do all things in Christ who strengthens me.

14 But in spite of the fact that I've learned to depend on the Lord through these needy times, you still did a very fine thing in sharing with me during my troubles.

15 And Philippians, you also know, that when the gospel was first being preached in your area that when I left your region of Macedonia, you were the only church that had fellowship with me as far as giving and receiving was concerned.

16 Even before I left Macedonia and was still in Thessalonica, you sent two times to help with my needs.

17 Now I'm not saying all this because I just wanted you to send me your gift, but I really wanted your giving to show the good fruit that was being produced there by the church at Philippi. The abundance of what you gave would go toward your account.

18 Now I have all that I need and more than I need. I've been well supplied having received what you sent with Epaphroditus, a sweet smelling sacrifice that was acceptable and very pleasing to God.