

# Stand Firm in the Lord (Philippians 4:1-9)

*“Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends!” (4:1)*

The secret of running the race successfully is learning how to stand still.

To stand firm in the Lord means to hold on to our Lord Jesus Christ who lives within us.



## I. Maintain Unity (4:2-3)

*“I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord” (4:2).*

*“Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life” (4:3).*



***“Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity (foothold) to the devil” (Eph. 4:26-27).***

## **Norman Grubb**

***"In every case of difficulty we are faced with this situation: I can't. He can. Therefore I can."***

***"I can do all things through him who strengthens me" (Phil. 4:13).***

**Baptist church in Mayfield County, Kentucky (1890s)**

**Peg Baptist and Anti-Peg Baptist.**



## II. Manifest Good Testimony (4:4-5)

*“Rejoice in the Lord always. I will say it again: Rejoice!” (4:4)*

**Happiness** is dependent upon outward circumstances, while **joy** comes from within.

**Rom.8:18** – *“I consider that our present sufferings are not worth comparing with the glory that will be revealed in us”.*



**2 Cor.4:17** – *“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*

*“Let your gentleness be evident to all. The Lord is near.”* (4:5)

The word, “**gentleness**” literally means “**forbearing, large-hearted, gentle, courteous, considerate, generous, lenient, moderate.**”



### III. Manage Anxiety (4:6-7)

“Do not be anxious about anything” (4:6a)

- Worry is a common problem to the human race
- Worry is a powerful force to disintegrate the human behavior
- Worry is actually **sin**.



**When we worry...**

**it means that we don't trust the Lord**

- We are **not aware** that God has **blessed** us...
- We are **not aware** that God is in **control**...
- We are **not aware** that He is **good** to us...

We think that God is somehow **unable** or **unwilling** to do anything about our situation.



## Corrie ten Boom

*“Worrying is carrying tomorrow's load with today's strength – carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.”*

*“by prayer and petition, with thanksgiving, present your requests to God” (4:6b)*

Prayer is the expression of our dependence upon his promises.





## 1 John 5:14-15

**14** *“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”*

**15** *“And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”*

*“Father, if it be possible, let this cup pass from me. Nevertheless, not my will but thine be done.” (Matt.26:39).*



**Thanksgiving** is that forward look of faith that thanks God for the answer before you see it.

*“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (4:7)*

### Isaiah 26:3

*“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*



## IV. Meditate on Good Virtues (4:8-9)

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -if anything is excellent or praiseworthy - think about such things” (4:8).*

*“**think about such things**” =*

*‘**dwell**’ on such things or ‘**meditate**’ on such things.*

These six characteristics were the cultural virtues



# What would life would be like...

if we didn't dwell on what is...

*difficult, frustrating, and annoying...*

but to focus our thoughts on only what is...

*true, noble, right, pure, lovely, and admirable.*

- Our conversation would not seek to arouse others to **gossip** about others.
- Our words would not be **complaints** and **anger**.
- Our words would be life.



- We would be **encouragers** of each other.
- We would **seek to bring out the best** in each other.
- We would **delight** in good news.
- We would **empathize** with others.
- We would **weep** with those who **weep** and **sing for joy** with those are **joyful**.

*“Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you” (4:9)*



# Conclusion

***Let us stand firm in the Lord...to hold on to our Lord Jesus Christ who lives within***

## 1. Maintain Unity (4:2-3)

***When we stand firm in the Lord... we would be able to bring differing sides of a dispute together***

## 2. Manifest Good Testimony (4:4-5)

***When we stand firm in the Lord... we would be able to rejoice...we would be able to be gentle and gracious towards those who opposed us.***



### 3. Manage Anxiety (4:6-7)

*When we stand firm in the Lord...* we would be able to manage our anxiety by bringing all our burdens, requests, and needs to God with thanksgiving.

### 4. Meditate on Good Virtues (4:8-9)

*When we stand firm in the Lord...* we would be able to change the way we think... we would see things and people as **beautiful, good, noble, pure, and praiseworthy.**

