

# 20 Philippians 4:1-5

## *How to Stand Fast*

### 1. Phil 4:1 – So Stand Fast

- a. What is the “therefore” there for? Remember Phil 1:27, since then we learn: To live is Christ; our life here is service, suffering, sacrifice, as soldiers; the excellency of confidence in Christ than our flesh; pressing toward the mark; knowing the high calling of God; we know who to follow, minding not earthly things
- b. “*dearly beloved*” – Phil 2:12, Eph 1:6; “*longed for*” – Phil 1:8, 2:26
- c. “*my joy and crown*” – The mind of Christ changes what you joy in and what is your crown; here his investment, pleasure, and reward is manifest in these saints
- d. “*so stand fast in the Lord*” – Be not moved by circumstances, stand not in your flesh.

### 2. Phil 4:2-3 – Help those women

- a. Who are these people? No one knows, but they both needed the mind of Christ
- b. “*yokefellow*”, “*labourers*” – not many of these, they are rare, they should be marked
- c. Paul, woman hater, is on full display, right? 1Ti 2:11, Ti 2:5; Eph 5:22; 1Co11:3, 14:35
- d. Women in the Bible work, minister, speak, teach, guide the home, do business, has power; are joint-heirs, equal members of the body, may have more rewards
- e. Men, love your wives, they are not your slaves to command. “Help them help you”

### 3. Sidebar: Book of Life

- a. A trouble for some because of its use with in Israel’s context – Rev 3:5, Deu 29:20
- b. Calvinists make it the book of God’s predestined few, but... Exo 32:32 & Rev 22:19
- c. The book of life is who will live in the Lord – Rev 13:8, Luk 10:20, Heb 12:23
- d. It is a record of the citizens of the heavenly kingdom - Rev 20:12-15; Rev 21:27
- e. How Israel gets into the Lord is different than how you do – but Eph 1:10
- f. Israel kept a record of families, names, etc. – your name is found here – Eph 3:15

### 4. Phil 4:4-6 – Rejoice, temperance, prayer

- a. “*Rejoice in the Lord*” – your standing will be made firm where you find joy
- b. “*moderation be known*” – which is applied by most only to politics and religion
  - i. Moderation is never used when speaking of salary, size of house, the number of times you do things to please yourself.
  - ii. We should be extreme about the Lord Jesus Christ – Eph 3:19, 5:18, Phil 1:11
- c. “*The Lord is at hand*” – not just coming soon, but also nearby. Your life is short.
- d. “*be careful for nothing*” – prayer is the life breath of a Christian’s walk in the Spirit
  - i. The care concerns circumstances, the earthly things that depress and paralyze, fret, or destroy so many