

The Book of Philippians | Chapter 4 - Grow Your Maturity in Christ

Message Big Idea

In the middle of all the challenges in life, following Jesus in his Kingdom way is the path to peace.

Scripture

Philippians 4:2-23

Points to Keep In Mind

1. Philippi was a Roman colony meaning the citizens of Philippi were expected to adopt the customs, values, and practices of the Roman Empire. They were called to allegiance to Caesar and adherence to the Roman way. So, in Philippians, Paul reminds Christ-followers that their allegiance is to Jesus, and they are called to follow him in his Kingdom way.
2. If we took an inventory of the things we set our minds to each day, would you say the majority are praiseworthy things? It's remarkable to see how our brains form and reorganize throughout our lives. This is a good reminder that everything we do and think is slowly forming grooves in our thinking and behavior. This means we can change for the better slowly, and conversely, we can lead ourselves in unhealthy ways over time. What we set our minds to matters, and when we put them on what is excellent and praiseworthy, the Way of Jesus will transform us over time.
3. Paul says, "Rejoice in the Lord always." We can rejoice in God by giving thanks, offering laments, and requesting help. Our "rejoicing in God" can take many forms. We can be honest with God and others. The theologian James Cone, writing about the experience of the Black Church, said, "In the act of worship itself, the experience of liberation becomes a constituent of the community's being . . . It is the power of God's Spirit invading the lives of the people- building them up where they are torn down and propping them up on every leaning side." His words set an example all of us can follow.
4. Paul's words in verses 8-13 are similar to what Victor Frankl wrote about his experience in a Nazi prison camp. He said, "Suffering in and of itself is meaningless; we give our suffering meaning by the way in which we respond to it...Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you." –Victor Frankl, *Man's Search for Meaning*

Next Steps

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your YOU+ journey? Check out communitychristian.org/you
3. Have you considered getting baptized? Learn more at communitychristian.org/baptism
4. Would you commit to reading Philippians every day through the Community Daily? communitychristian.org/daily
5. If anyone in your small group is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/mentalhealth