

## Don't Worry, Be Happy!

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**Philippians 4:1-23**

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### Using This Study

#### ❶ EXAMINE His Word

What does God SAY? Open your time with prayer. The words God uses to communicate matters, so go back and pay close attention to the details that are emphasized or repeated in the passage.

#### ❷ EXPLORE His Word

What does God MEAN? Asking questions of the text helps surface how the details relate to the message God wants to communicate.

#### ❸ EMBRACE His Word

Why does it MATTER to me? Embrace God by responding to what you discover in His word in faith and obedience.



drink, to money, to work, to 401K, to pleasure, to sports and the list goes on. But the one addiction many Americans seem to nurture the most is the addiction of worry. Webster defines worry as “to afflict with mental distress or agitation, to feel or experience concern or anxiety.” One insightful person has defined worry as “a small trickle of fear that meanders through the mind until it cuts a channel into which all other thoughts are drained.”

If there was ever a person who could justify worrying, it would have to be the Apostle Paul. Reflect on what he experienced as a minister of the Gospel: “<sup>3</sup> We put no stumbling block in anyone’s path, so that our ministry will not be discredited. <sup>4</sup> Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; <sup>5</sup> in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; <sup>6</sup> in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love; <sup>7</sup> in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left; <sup>8</sup> through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; <sup>9</sup> known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; <sup>10</sup> sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.” (II Corinthians 6:3-10) Notice what he says in verse 10 “sorrowful, yet rejoicing...” In spite of all that Paul experienced, he was joyful to the very end.

As we complete the final segment of Paul’s Epistle to the Philippians, he again reminds us that we can be free... truly free by “rejoicing in the Lord always” (Philippians 4:4).

## Read Philippians 4:1-23 (NIV)

<sup>1</sup> Therefore, my brothers, you whom I love and long for, my joy and crown, that is how you should stand firm in the Lord, dear friends!

<sup>2</sup> I plead with Euodia and I plead with Syntyche to agree with each other in the Lord. <sup>3</sup> Yes, and I ask you, loyal yokefellow, help these women who have contended at my side in the cause of the gospel, along with Clement and the rest of my fellow workers, whose names are in the book of life.

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, 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.

<sup>9</sup> 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.

<sup>10</sup> I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the

secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do everything through him who gives me strength.

<sup>14</sup> Yet it was good of you to share in my troubles. <sup>15</sup> Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; <sup>16</sup> for even when I was in Thessalonica, you sent me aid again and again when I was in need. <sup>17</sup> Not that I am looking for a gift, but I am looking for what may be credited to your account. <sup>18</sup> I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. <sup>19</sup> And my God will meet all your needs according to his glorious riches in Christ Jesus.

<sup>20</sup> To our God and Father be glory for ever and ever. Amen.

<sup>21</sup> Greet all the saints in Christ Jesus. The brothers who are with me send greetings. <sup>22</sup> All the saints send you greetings, especially those who belong to Caesar's household.

<sup>23</sup> The grace of the Lord Jesus Christ be with your spirit. Amen.

## ❶ EXAMINE His Word (Observation)

What does God SAY? Prayerfully note significant details and terms emphasized in the passage.

1. Who is involved in the text? Author, audience, main characters.

2. Where and when is this taking place? Geography and timeline.
  
3. What actions are carried out or commanded? Look for the verbs.
  
4. Is there anything repeated?
  
5. What is emphasized?
  
6. Is there anything in these passages that is repeated to other areas of scripture?
  
7. Are there things to be noted that are like or unlike such as similes and metaphors?

## **②EXPLORE His Word (Interpretation)**

What does God MEAN?

8. In verse 1, what words does Paul use to describe his feelings for the Philippians?
  
9. In verses 2-3, how does Paul suggest the problem between Euodia and Syntyche should be handled?
  
10. In verse 6, what suggestion does Paul make as a means of dealing with worry and anxiety?

11. In verse 8, list the things Paul recommends believers should concentrate on to transform their thinking.

12. In verses 10-12, what has Paul learned from his personal circumstances?

13. In verse 13, what does Paul say helps him to live a victorious life?

14. In verses 14-16, who does Paul give credit for helping him in his ministry?

15. In verse 22, what was one way God used Paul's imprisonment in Rome?

### **③ EMBRACE His Word (Application)**

Why does this MATTER to me?

14. Have you ever experienced conflict with another believer? How did you handle it?

15. How do you deal with feelings of worry and anxiety?

16. Have you learned to be content in every situation in your life? Yes? No? Sometimes? Explain.

**Summarize your thoughts on the passage:**

Write about what God wants you to KNOW, to FEEL, and to DO...

