

## THINK ON THESE THINGS

Philippians 4:4-9

### Philippians 4:4 Rejoice in the Lord always. Again I will say, rejoice!

What does it mean to rejoice? \_\_\_\_\_

*Thayer: to rejoice, be glad; to rejoice exceedingly; to be well, thrive*

*Louw-Nida: : to enjoy a state of happiness and well-being*

*LEH: o rejoice at, to take pleasure in*

How emphatic was Paul about rejoicing in our text? \_\_\_\_\_

What should be our main reason for rejoicing in the Lord? (Luke 10:20) \_\_\_\_\_

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What does Paul teach us about rejoicing? (1 Cor. 13:6) \_\_\_\_\_

With 1 Cor. 13:6 in mind, let's examine some circumstances in which we are to rejoice:

(Mt. 5:11-12) \_\_\_\_\_

(Rom. 12:15) \_\_\_\_\_

(Col. 1:23-25) \_\_\_\_\_

Let's take a look at some circumstances in which we are not to rejoice:

(Prov. 2:11-14) \_\_\_\_\_

(Prov. 24:17) \_\_\_\_\_

(Jam. 4:16) \_\_\_\_\_

Read the three parables in Luke 15 and discuss what made God rejoice and why it should make us rejoice.

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What caused John to rejoice? (2 Jn. 1:4; 3 Jn. 1:3-4) \_\_\_\_\_

What did Paul say was his crown of rejoicing? (1 Thess. 2:19) \_\_\_\_\_

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Think about all the things in your life that are worth rejoicing over since God is part of your life.

## GENTLENESS

**Philippians 4:5 Let your gentleness be known to all men. The Lord is at hand.**

Define gentleness. \_\_\_\_\_

UBS: gentle, forbearing, considerate

BDAG: yielding, *gentle, kind, courteous, tolerant*

What do the following verses teach us about being gentle:

(1 Tim. 6:10-12) \_\_\_\_\_

(2 Tim. 2:24-26) \_\_\_\_\_

(Titus 3:1-7) \_\_\_\_\_

(Gal. 6:1) \_\_\_\_\_

(Prov. 25:15: 15:1) \_\_\_\_\_

(Gal. 5:22-23) \_\_\_\_\_

Why does Peter tell the wives of unbelieving husbands to be gentle? (1 Pet. 3:1-4)

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What is one of the qualifications of an elder? (1 Tim.3:3) \_\_\_\_\_

Why do you think this is an important quality in an elder? \_\_\_\_\_

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Were the apostles gentle? (1 Thess. 2:5-8) \_\_\_\_\_

What does Paul say is necessary in our walk of faith? (Eph. 4:1-3) \_\_\_\_\_

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Is God gentle? (Ps. 18:35; Mt. 11:29) \_\_\_\_\_

Please share some examples in your own life of how gentleness worked out for you.

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## CAREFREE

**Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

What does it mean to be anxious and what does Paul say is the solution to anxiety?

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What do we learn about anxieties from Matthew 6:25-33? \_\_\_\_\_

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In the Parable of the Sower, what represents the thorny soil? (Mk. 4:18-19) \_\_\_\_\_

Why did Jesus rebuke Martha? (Lk. 10:38-42) \_\_\_\_\_

Note what we learn from Paul in the following verses:

Acts 27:22-25 \_\_\_\_\_

2 Cor. 7:4-7 \_\_\_\_\_

1 Tim. 6:6 \_\_\_\_\_

Phil. 4:11 \_\_\_\_\_

Why did the Psalmist have no cares in Psalm 23? \_\_\_\_\_

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What thought caused Paul to work for the Lord without being buried in anxiety? (2 Tim. 1:12).

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What did Peter say to do with all your cares? (1 Pet. 5:6-7) \_\_\_\_\_

Since we are to be anxious for nothing does this include not caring about anyone, anything or making plans for the future?

1 Cor. 12: 25-26 \_\_\_\_\_

1 Cor. 11:28 \_\_\_\_\_

Titus 3:8 \_\_\_\_\_

Mt. 6:1 \_\_\_\_\_

Gal. 6:1-2 \_\_\_\_\_

1 Tim. 5:8 \_\_\_\_\_

Notice how the following verses teach us that prayer is the answer to anxiety:

Lk. 18:1 \_\_\_\_\_

Ps. 55:16-17 \_\_\_\_\_

Lk. 11:5-13 \_\_\_\_\_

Ps. 34:15-17 \_\_\_\_\_

Ps. 145:18 \_\_\_\_\_

1 Jn. 5:14-15 \_\_\_\_\_

1 Jn. 1:9 \_\_\_\_\_

Based on your own experience and from what we have learned from this lesson, what advice would you give to someone who is always worrying about everything?

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**PEACE**

*Philippians 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

What title does Jesus have? (Isa. 9:6) \_\_\_\_\_

How can we obtain peace? (2 Thess. 3:16) \_\_\_\_\_

How, and through what, do people receive peace? (Rom. 5:1-2; Ps. 85:8-10) \_\_\_\_\_

How did Abraham keep the peace, and what we can learn from his actions? (Gen. 13:5-12)

How far are we to go to preserve peace? (Mt. 5:39-41) \_\_\_\_\_

What is the cause of and solution for strife? (Jam. 4:1-8) \_\_\_\_\_

What sacrifices must we be willing to make to keep peace in the Lord's church? (1 Cor. 6:12)

Did Jesus preach peace at any price? (Mt. 10:34-39) \_\_\_\_\_

How are we to treat a person who rejects peace? (Titus 3:9-11) \_\_\_\_\_

What did Paul tell Timothy about the servant of the Lord? (2 Tim. 2:24-26) \_\_\_\_\_

Why do you think a person would desire to have strife and conflict instead of peace?

How can you become a peacemaker at your:

Home \_\_\_\_\_

Job \_\_\_\_\_

Church \_\_\_\_\_

## TRUTH

*Philippians 4:8 Finally, brethren, whatever things are true - meditate on these things.*

What is truth? (Jn. 17:17) \_\_\_\_\_

What does the truth do? (Jn. 8:32) \_\_\_\_\_

What contrast is made between God and Satan in the following?

Tit. 1:2 \_\_\_\_\_ Jn. 8:44 \_\_\_\_\_

What do we learn about liars in Rev. 21:8? \_\_\_\_\_

What incentive do we have for loving the truth and accepting it? (2 Thess. 2:9-14) \_\_\_\_\_

What are we told to preach? (2 Tim. 4:1-4) \_\_\_\_\_

What do we learn about truth from:

Eph. 6:13-14 \_\_\_\_\_

Prov. 12:19 \_\_\_\_\_

Gal. 4:16 \_\_\_\_\_

What two elements are necessary to worship God? (Jn. 4: 21-24) \_\_\_\_\_

What can bring the wrath of God on man? (Rom. 1:18) \_\_\_\_\_

What can we learn from the example in Acts 5:1-11? \_\_\_\_\_

What does love cause us to do? (1 Cor. 13:4-6) \_\_\_\_\_

How would you explain to someone that the truth is always better than a lie? \_\_\_\_\_

## NOBLE

***Philippians 4:8 whatever things are noble - meditate on these things.***

What does noble mean to you? \_\_\_\_\_

***Friberg:*** of persons, that which in a human being calls forth veneration and respect from others *honorable, of good character, worthy of respect*

***BDAG:*** of characteristics, states of being, and things *honorable, worthy, venerable, holy, above reproach*

What were the qualifications for the 7 men chosen to serve in Acts 6:1-3? \_\_\_\_\_

Why is it important for those who serve to be noble? \_\_\_\_\_

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Why did Peter say we need to conduct ourselves honorably around others? (1 Pet. 2:11-12)

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What does Paul teach us about walking honestly? (1 Thess. 4:9-12; Rom. 13:12-14)

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Did the writer of Hebrews desire to live a noble life? (Heb. 13:18) \_\_\_\_\_

Why do we pray for all men and for those in authority? (1 Tim. 2:1-2) \_\_\_\_\_

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What did John the Baptist teach his hearers about being noble? (Lk. 3:12-14) \_\_\_\_\_

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What did Isaiah teach his people in Isaiah 33:12-13? \_\_\_\_\_

How popular is honesty in our society today? \_\_\_\_\_

What are some things in which being honest might cause you some problems, and should this stop you from being honest?

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How highly do you value a good name? (Ecc. 7:1)? \_\_\_\_\_

## JUST

***Philippians 4:8 whatever things are just - meditate on these things.***

What does the word just mean to you? \_\_\_\_\_  
*Thayer – 1. righteous, observing divine laws. 2. in a wide sense, upright, righteous, virtuous, keeping the commands of God. 3. of those who seem to themselves to be righteous, who pride themselves to be righteous, who pride themselves in their virtues, whether real or imagined. 4. used of him whose way of thinking, feeling, and acting is wholly conformed to the will of God.*

Who is to be just?

2 Sam. 23:3 \_\_\_\_\_

Tit. 1:5-8 \_\_\_\_\_

Col. 4:1 \_\_\_\_\_

Heb. 10:38 \_\_\_\_\_

How did God demonstrate His righteousness for us? (Rom. 3:23-26) \_\_\_\_\_

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Is Jesus just? (Acts 3:14; 7:52; 22:14) \_\_\_\_\_

Who made it possible for us to be just? (Rom. 5:19) \_\_\_\_\_

Is it possible to pretend to be just, but really be unjust? (Lk. 20:19-20) \_\_\_\_\_

Is it possible to think you are just when you are not? (Lk. 18:9-14) \_\_\_\_\_

What can we learn about being just from Cornelius (Acts 10, 11; 10:22) \_\_\_\_\_

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Why is it important for us to strive to be just even in small matters? (Lk. 16:10) \_\_\_\_\_

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What does being just cause us to do? (Acts 4:19-20) \_\_\_\_\_

What is the acceptable way to judge someone? (Jn. 7:24) \_\_\_\_\_

How does being just affect our prayers? (1 Pet. 3:12) \_\_\_\_\_

What is the future for the just and unjust? (Jn. 5:28-29; 2 Pet. 2:4-15) \_\_\_\_\_

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**PURE**

***Philippians 4:8 whatever things are pure - meditate on these things.***

What does the word pure mean to you? \_\_\_\_\_

*Friberg: of persons, as characterized by moral purity pure, free from sin*

*Louw-Nida: pertaining to being without moral defect or blemish and hence pure - 'pure, without defect.*

What is one of the most important pure things we should mediate on? (Ps. 19:8; 119:40; Jam. 3:17) Also read Psalm 1:1-2 \_\_\_\_\_

What is the first step of becoming pure? (1 Pet. 1:22-23) \_\_\_\_\_

What is the reward of having a pure heart?

Mt. 5:8 \_\_\_\_\_

Ps. 11:7 \_\_\_\_\_

Ps. 24:3-5 \_\_\_\_\_

What determines if a person is pure based on Mt. 23:25-28 and Mt. 12:33-37? \_\_\_\_\_

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What are the dangers of self-imposed purity? (Prov. 30:12; 21:2 [example] Jud. 17)

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What advice did Paul give to Timothy (1 Tim. 5:22) \_\_\_\_\_

Why is it so important for Christians to strive for purity? (1 Pet. 2:5; 1 Cor. 3:16; Rom. 12:1-2)

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What are some other areas we are to be pure in? (Prov. 15:26; 21:8) \_\_\_\_\_

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How do the pure and un-pure look at things differently (Tit. 1:15-16) \_\_\_\_\_

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How does James describe pure religion? (Jam. 1:27) \_\_\_\_\_

What great advice does David give us about remaining pure? (Ps. 101:2-5) \_\_\_\_\_

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## LOVELY, GOOD REPORT

***Philippians 4:8* whatever things *are* lovely, whatever things *are* of good report, -- meditate on these things.**

What does the word lovely mean to you? \_\_\_\_\_

*Friberg: in a passive sense of what is pleasing acceptable, lovely; of persons friendly*

*BDAG: to causing pleasure or delight, pleasing, agreeable, lovely, amiable*

Why is it important we think lovely thoughts? (Prov. 23:7) \_\_\_\_\_

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What happened to those in Noah's time who did not have lovely thoughts? (Gen. 6:5)

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What are some things we can have lovely thoughts about based on the following verses:

Phil. 1:2-8 \_\_\_\_\_

2 Sam. 1:26 \_\_\_\_\_

Ps. 122:1 \_\_\_\_\_

1 Cor. 11:24-26 \_\_\_\_\_

What can you do to help you think on lovely things instead of ugly evil things? \_\_\_\_\_

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How does it affect your mood when you think about lovely things and when you think about ugly evil things?

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What does a good report mean to you? \_\_\_\_\_

*Friberg: of things without moral defect harmless, acceptable, pure*

*LSJ: uttering sounds of a good omen, or abstaining from inauspicious words*

This idea of mediating on a good report goes right along with thinking on lovely things. Since a good report is much more pleasant than a bad report, then why do our news stations focus mainly on bad news?

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Is it possible for a faithful Christian to have a good report even among the enemies of Christ? (Acts 22:12)

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What kind of people were sought to serve the church? (Acts 6:3) \_\_\_\_\_

What kind of man is sought to serve as an elder (1 Tim. 3:7) \_\_\_\_\_

What did Eli have against his sons? (1 Sam 2:22-25) \_\_\_\_\_

What did the Law of Moses forbid in Leviticus 19:16? \_\_\_\_\_

Those who circulate false reports and speak evil of others will be excluded from what? (Ps. 15:1-3)

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What evil report was made about Jesus? (Mt. 11:19) \_\_\_\_\_

Why is better to focus on good reports instead of bad ones? \_\_\_\_\_

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What do you do to make sure you mainly focus on good reports instead of bad ones?

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## VIRTUE, PRAISEWORTHY

**Philippians 4:8** if *there is* any virtue and if *there is* anything praiseworthy -- meditate on these things.

What does virtue mean to you? \_\_\_\_\_

**Thayer:** *Virtue: a word of very wide signification in Greek writings; any excellence of a person (in body or mind) or of a thing, an eminent endowment, property or quality. Used of the human mind and in an ethical sense, it denotes: 1. a virtuous course of thought, feeling and action; virtue, moral goodness 2. any particular moral excellence, as modesty, purity; 3. Used of God, it denotes his power...his excellences, perfections, which shine forth in our gratuitous calling and in the whole work of our salvation'*

### Read 1 Peter 4:1-4

What does Peter say is the motivation for us to not only meditate on virtuous things but to be people of virtue? \_\_\_\_\_

How will the world view us when we start living a life of virtue? \_\_\_\_\_

What do we learn about a virtuous wife? (Prov. 31:10; 12:4) \_\_\_\_\_

How can being virtuous help you during a time of persecution? (1 Pet. 2:11-12) \_\_\_\_\_

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What can happen if we are ashamed of living a virtuous life for God? (Lk. 9:26) \_\_\_\_\_

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What should be our main goal of living a life of virtue? (Mt. 5:16) \_\_\_\_\_

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What men or women in the Bible come to mind when you think about virtue? \_\_\_\_\_

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How much virtue can be found in our modern TV programs and movies? \_\_\_\_\_

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Though we live in a free country with the right to worship God and live for Him, why is it so challenging for us to meditate on virtue and live virtuous lives?

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*LNJ gives the following definition of praiseworthy: pertaining to deserving approval or good reputation - 'worthy of praise, worthy of approval.*

What are some things worthy of praise?

Psalms 67:3 \_\_\_\_\_

Psalms 150:2 \_\_\_\_\_

1 Cor. 12:26 \_\_\_\_\_

1 Cor. 11:2 \_\_\_\_\_

In what area did Paul withhold his praise from the Corinthians? (1 Cor. 11:20-22) \_\_\_\_\_

Can we find things that are praiseworthy during trying times? (Acts 16:22-25) \_\_\_\_\_

What do we learn from Proverbs 27:2? \_\_\_\_\_

Why must we be careful about how we receive praise from others? (Jn. 12:43) \_\_\_\_\_

How much time do we spend praising God in prayer? Read Psalm 148.

**Philippians 4:4 Rejoice in the Lord always. Again I will say, rejoice! <sup>5</sup> Let your gentleness be known to all men. The Lord *is* at hand. <sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. <sup>8</sup> Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy -- meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.**