

14 January

 Break the ice

Write down what God is saying to you in today's message:

TOPIC: Joy in Christ – week 7



Let's hear your story

1. Tell of a time when you had to explain to a friend or family member the importance of investing in God's Word to fill your mind, words, and actions?
2. What should we think about in v.8? (**Whatever is true, honourable, just, pure, lovely, commendable, excellence, worthy of praise, think about these.**)
3. How can we practice these things according to v.9? (**What you have learned and received and heard and seen in me – practice these things...**)
4. How did Paul learn to be content in v.12? (**I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned...**)



Let's go deeper

5. What spiritual resource help us to be content in v.13? (**I can do all things through Christ who strengthens me – it is the power of Christ within me.**)
6. How did the church benefit from their gift to Paul in v.17? (**Not that I seek the gift itself, but I do seek the profit which increases to your heavenly account the blessing which is accumulating for you.**)
7. To what does Paul compare his gift in v.18? (**The fragrant aroma of an offering an acceptable sacrifice which God welcomes and in which He delights.**)
8. What is Paul's promise to the church in v.19? (**And my God will supply your every need according to His riches in glory in Christ Jesus.**)



Let's apply this

**9. Philippians 4:11;** Not that I speak from any personal need, for **I have learned to be content** and self-sufficient through Christ, satisfied to the point where I am not disturbed or uneasy regardless of my circumstances.

Paul's spiritual contentment was not something he had immediately after he was saved. He had to go through many difficult life experiences to learn how to be content.

- How have you learned to be content through life experiences?
- Ask the Holy Spirit to empower you to be content this week.
- Remind yourself of God's power within you, and God's promises of provision.

SUMMARY:

Joy in Christ: Week 7

Read: Philippians 4:8 – 23

**v.8 – 9;** Peace involves the heart and the mind – **Isaiah 26:3.** Our thoughts are real and powerful, even though they cannot be seen, or measured. Paul spells out in detail the things we ought to think about as Christians. What we put into our minds determines what comes out in our words and actions. Examine what you put into your mind through TV, internet, books, conversations, etc. How do we discipline our minds? **2 Cor. 10:5.** Disciplined thinking is the result of daily thinking on God's Word

**v.10 – 11;** Amplified version explains contentment as self-sufficient through Christ, satisfied to the point where I am not disturbed or uneasy regardless of my circumstances. Paul found his contentment in the spiritual resources provided by Christ. Paul's spiritual contentment was not something he had immediately after he was saved. He had to go through many difficult experiences of life to learn how to be content. Because Christ lives within us, we have enough for the demands of life.

**v.12 – 13;** Paul names two spiritual resources that help us to be content. It was the power of Christ within him that gave him spiritual contentment. Paul depended on the power of Christ at work in his life. "I can— through Christ!" The believer has all the power within that he needs for the demands of life.

**v.14 – 17;** The second resource is the promises of God. Paul thanked the church at Philippi for their generous gift; and he compared their giving to an investment, and a sacrifice. Paul looked on their gift as an investment that would profit them with spiritual blessings. The church gave materially to Paul, and received spiritually from the Lord. The Lord keeps the books and will never fail to pay one spiritual blessing.

**v.18;** Paul looked on their gift as a spiritual sacrifice, laid on the altar to the glory of God. Here, Paul saw the Philippian believers as priests, giving their offering as a sacrifice to the Lord. In the light of **Malachi 1:6 – 14,** we need to present the very finest that we have to the Lord. But Paul did not see this gift as simply coming from Philippi. He saw it as the supply of his need from heaven. Paul's trust was in the Lord.

**v.19 – 23;** God has promised to supply all our needs. When the child of God is in the will of God, serving for the glory of God, then he or she will have every need met. **Hudson Taylor** said, "When God's work is done in God's way for God's glory, it will not lack for God's supply.

Contentment comes from adequate (enough) resources. Our resources are the power of God, and the promises of God. These resources made Paul sufficient for every demand of life, and they can make us sufficient too.