

Sermon Scripture Passage: Philippians 4:1-9

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Scripture References:

Philippians 1:5-6 – because of your partnership in the gospel from the first day until now, 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 2:1-2 – So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, 2 complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 11:28-30 – “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

Romans 12:2– Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

East Glenville Church – Sermon Notes Handout – August 20th 2023
Philippians #8 – Philippians 4:1-9 – Conflict and Anxiety

What causes us to have anxiety?

Philippians 4:1-9 Paul speaks about how to replace anxiety with _____ and _____

4:1-3 Paul names two women as _____ in the gospel and fellow _____

Acts 16 – A woman, _____ played a key role in starting the church.

Euodia & Syntyche are in conflict, Paul: to be “in full _____ and one _____”

What is the connection between anxiety and conflict?

4:4-5 *How does our _____ affect our level of anxiety?*

Is it a sin to be anxious? God does not hold us _____ for feeling anxious or worried.

Side Note: *What 1980’s song by Bobby McFerrin is the worst song ever recorded?*

4:6-7 In prayer we can bring our anxiety and _____ before our Lord.

When we present our _____, we have to think about what we actually want God to do for us. *What questions do we think through as we do this?*

4:8-9 Anxiety can come when we absorb the _____ of thinking from the world

Have you noticed your media consumption leading you to feel anxiety?

How is being a part of a church community help in dealing with anxiety?

How can we help one another away from anxiety and toward the peace of Christ?

Answers for the blanks:

- Peace
- Joy
- Partners
- Workers
- Lydia
- Accord
- One mind
- Attitude
- Guilty
- Burdens
- Requests
- Pattern