

## **Philippians 4:1-9**

### **8 Commands to Follow so that you Grow in Spiritual Maturity**

1. Stand Firm (v. 1)
2. Help Others (4:2-3)
3. Rejoice (4:4)
4. Be Known for Reasonableness (4:5)
5. Don't be Anxious (4:6)
6. Pray (4:6-7)
7. Think Right (4:8)
8. Copy Models (4:9)

## **Application of Phil 4:1-9**

1. Are there any believers you know who are not getting along with each other and that you could help to work through the issue?
2. Do you have a joy that focuses on the Lord and not your circumstances or is your 'joy' more likely dictated by your situation?
3. Do you have relationships with people inside or outside the church in which you need to show gentleness and tolerance in order to be the most effective witness for Christ?
4. Is there something you're anxious about? Ask God to forgive you for not trusting Him. Then tell Him what you're concerned about and be thankful for the great work He has done in your life and for His love, wisdom and care to work out the issue for His glory and your good. Read also Prov 3:5-6; 1 Pet 5:7
5. Changing our thought patterns is not usually an overnight process, however Rom 12:2 says that we are transformed by the renewing of our mind. Renewing our mind is best achieved by replacing bad thoughts with truth from Scripture, focusing our attention on God's Word and allowing it to sink in deeply. Read & pray through Phil 4:8 each day this week and devote yourself to read God's Word every day for the rest of your life.
6. Are you a model to follow? Do your actions and words demonstrate a life that is worthy of the Gospel? If not, what can you improve on? If yes, are there people you could disciple to follow your example?

Reading this week: Read Phil chapter 4 each day this week.

## Sermon Notes for Children (or Children at Heart)

Date \_\_\_\_\_

Pastor \_\_\_\_\_

<u>Book</u>	<u>Words I don't understand</u>
<u>Chapter</u>	
<u>Verses</u>	

### Words you heard during the sermon (tally each time)

God	Jesus/Lord/ Christ	Command/ Commandment	Gospel	Mature/maturity	Paul	Philippians

What is the message about? \_\_\_\_\_

How can you do this? \_\_\_\_\_

What/who can you pray for? \_\_\_\_\_

Draw a picture related to the message:

--