**The Study of Philippians: A Discourse in Joy**

**Steps to Lasting Joy - Philippians 4:1-7**

**Hermeneutics, Uninspired Chapter Breaks.**

Note: God did not inspire the chapter breaks in our Bibles. They are placed there by editors to help in locating passages. Chapter four of Philippians seems misplaced.

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

(Philippians 4:1)

The admonition to stand firm in the Lord goes with the previous chapter. Paul identifies his brothers at Philippi as his “*joy and crown*,” implying that their failure to stand firm in the Lord would diminish his joy and reward.

*"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."* (Philippians 4:2–3)

The two women, “*Euodia and Syntyche*,” were in disagreement on an unstated issue. Paul’s solution is 1) To call them to “*agree in the lord*,” and 2) To call for a third-party intervention to help them, “*help*” (sullambano, receive together.)

**Steps to Lasting Joy:**

1. **Choose joy.** *"Rejoice in the Lord always; again I will say, rejoice.”* (4:4)

Joy is a choice and must be made intentionally each day. This is only possible when you view life as a race (3:14). The way to have joy is found in the following several verses.

*"This is the day that the LORD has made; let us rejoice and be glad in it."* (Psalm 118:24)

1. **Choose gentleness**. *“Let your reasonableness be known to everyone. The Lord is at hand;”* (4:5)

Reasonableness: (Epieikes, equitable, mild, lenient, and therefore reasonable) Yield self-interest.

The lord is at hand. This may mean his return to judge (3:20) or simply the Lord is watching.

1. **Choose thanksgiving**. *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”* (4:6)

Anxious: Fear-based view of the future producing mental distress.

Thanksgiving: Accepting your present situation with satisfaction.

**Result**: A supernatural peace of mind from the Lord.

*“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."* (Philippians 4:7)

Peace of heart and mind: