

Descent into Joy
The Joy of Enough
Philippians 4:1-23

The fourth chapter of Philippians is often treated as providing the best quotes of the Apostle Paul. For sure, it is filled with some of the most memorable and inspiring verses in the Bible. Paul's letters are never a series of unrelated ideas. In the fourth chapter he brings several ideas emphasized throughout the letter to a fitting conclusion. In this letter, Paul has shown us that the way up is the way down. We do not ascend to joy and meaning in life, but like Jesus we descend into it.

A. The Joy of Knowing that Unity is Enough (Verses 1-5).

After affirming his love for the Philippian church (v. 1), Paul addresses a specific problem of disunity (v. 2).

1. What stands out to you regarding his approach?

2. What does he beg Euodia and Syntyche to do? What does that look like for us whenever we face conflict?

3. He then issues two commands in verses 4 and 5. How do both commands relate to the conflict that has disrupted the church? How should we understand the phrase, "the Lord is at hand?"

B. The Joy of Knowing Peace is Enough (Verses 6-9).

- 1. Peace comes from praying about everything (vs. 6-7).** What does this verse prescribe as the alternative to worry? What is the promise of verse 7? What does this mean to you?

- 2. Peace comes from controlling our thoughts (v. 8).** What is the significance and meaning of all the things Paul tells us to think about?

- 3. Peace comes from living as God intended (v. 9).** What does Paul mean by saying "practice these things" and that by doing so "the God of peace will be you?"

C. The Joy of Knowing Jesus is Enough (Verses 10-23).

1. What is Paul's secret to contentment? How does this work?

2. What keeps you from feeling the contentment that Paul felt? What do you do when you feel as though God were not meeting "every need of yours according to his riches in glory in Christ Jesus?"