

## Philippians 4: Spiritual Stability

### Introduction

- How does one keep a spiritual balance amidst weakness, turmoil, tests, trials, tribulations, among doubts, persecution, anxiousness and fear?
- How can we be spiritually strong and firm? How can we experience peace, calm, and quietness, comfort, confidence, contentment and have a settled heart among the stresses of life?
- Christians often recommend that people go to the wrong sources to find help in their time of need.
  - People are told that they do not **sin**, but that they are “**sick**.”
  - People are told that they are not **sinner**s, but they are “**victims**.”
  - People are told that they really need to be “**healed**” from hurts of life rather than pursuing **excellence** of inner character.
  - People are told that sin is “**low self-esteem**” and salvation is “**regaining one’s self-esteem**.”

### How Can We Be Spiritually Stable?

#### I. Cultivate Unity in the Church (v 2-3)

**We must cultivate harmony and peace in the fellowship of love.**

- Fellowship is vital to unity and Christian growth.
- When we love each other the way we should, we cultivate unity.
- When we challenge, encourage, support, and hold each other accountable the way we should, it unifies the church.

#### II. Rejoice in the Lord (v 4)

- Rejoice = independent, incessant joy. It does not mean to rejoice in the circumstances of life, but to rejoice **in the Lord** because of the circumstances of life.
- Did he say rejoice in **Success**? No! Success will come and go.
- Did he say rejoice in **Accomplishments**? No! Anything I do is because of Him.

**Why do I as a Christian have a joy unspeakable and full of glory?**

1. Everything in my life is controlled.
2. God saved me and gave me an inheritance.
3. God is coming to take me home.
4. God supplies all my needs.
5. God uses each one to serve Jesus Christ.
6. God uses our lives to encourage others.
7. I have instant access to God in prayer.
8. Death is gain to me, not the end.

### III. Humility of Spirit (v 5)

**Learn to accept less than you think you deserve.**

- “Let your moderation [or contentment] be known to all men.”
- Contentment: “Sweet reasonableness, big heartedness, generosity, good will”

### IV. Faith in the Lord (v 6)

- Your view of God is what stabilizes you. **“The Lord is near!”**
- Spiritual stability requires that you rest confidently in the Lord.
- Your view of God will control your conduct. **I Samuel 21:10**

### V. Gratitude (v 6)

- Gratitude is reacting to problems with thankful prayer.

Respond to problems with prayer, supplications, and requests to God. All three assume that in difficulty, you go directly to God.

- Peace that passes all comprehension (v 7)  
It is not human peace; it is God-given peace.

### VI. Focus on Godly Virtues (v 8)

The climax of Paul’s argument:

- **Finally** = “let your mind dwell on these things”

Psychology claims that, in order to be stable, you need to dive into the trash bin of your past and dredge it up and deal with it to find peace.

- **Think** = evaluate, strive to develop these kinds of thinking habits

**What are we to think on?**

- **True** = the Word (John 17:17; 119:9; Eph. 4:21; 2 Tim. 2:25)
- **Honorable** = noble, worthy of respect, dignified, reverent, lofty, not trashy, mundane, common
- **Worship** what is worthy of awe, high regard, respect, and adoration
- **Right** = righteous (consistent with God’s holiness)
- **Pure** = morally clean
- **Lovely** = winsome (sweet, gracious, generous, patient, attractive)
- **Good Repute** = well thought of, highly regarded