



Learn Your Bible

Short Study 072: Philippians Study 7 Rejoice in the Lord

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Read Philippians 4:4-9

Introduction: In this section of the letter, Paul urges his readers to have the right attitude of mind and spirit.

v4 Rejoice. The word 'rejoice' is used 9 times in this letter. Using a Concordance, find out how many times the word 'rejoice' and 'joy' occur in the New Testament. What is the difference between 'joy' and 'happiness'? Where is joy centred, according to this verse?

v5 Be gentle. The word is hard to translate from the Greek. Have you got a version that uses a different English word? The underlying meaning is moderation, not to be harsh or judgmental.

vs 6-7 Don't worry. What should we do instead and what does it say should be the result? (See also John 14:27 & 16:33)

vs 8-9 Think good thoughts. The NKJV uses the word 'meditate' – which means pondering things in your mind. It's like having the mind full of nice things rather than the rubbish that makes us feel less joyful.

Make a list of examples of the good things to think about, using this list from Verse 8 as a guide.

Things that are:

True
Noble (honourable)
Just
Pure
Lovely
Of good report (Admirable)
Virtuous (Excellent in character)
Praiseworthy

To think about: Paul cites himself as example of how to behave to find peace. Would you be so bold or confident to point to yourself as an example?

To dig deeper: Go through the list of good thoughts inverse 8 again but this time see what commentators say about them.