

2. ***Others-1:12-But I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel,***

The word “furtherance” means “pioneer advance.” It is a Greek military term referring to the army engineers who go before the troops to *open the way into new territory*.

Instead of finding himself confined as a prisoner, Paul discovered that his circumstances really opened up *new areas of ministry*. His prison became a pulpit!

1:14-... ”and most of the brethren in the Lord, having become confident by my chains, are much more bold to “speak” the word without fear. Paul’s chains also gave courage to the saved. Many of the believers in Rome took fresh courage when they saw Paul’s faith and determination (v.14). They were “much more bold to speak the word without fear.” That word “speak” does not mean “preach.” Rather, it means, “everyday conversation.”



Paul began to get his eyes off of his own circumstances and think of others. Can you think of a time in your life, where, even though you were down, your focus shifted from what you were going through and as a result, you were able to help other(s)? How did that bring you joy? Please write it here:

3. ***No competition, no strife. Walking in humility. Philippians 2:1-Therefore if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, v.2-fulfill my joy by being **likeminded**, having the **same love**, being of **one accord**, of **one mind**.***

2:3-Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem others better than themselves.

Strife-eritheia-(Greek)-the picture of a person who is jockeying for some kind of position.

Vainglory-kenodoxia-(Greek)-the utter futility of such jockeying and positioning. It’s hollow; empty. Vainglory results in *hollow* or *empty boasting*.

Lowliness of mind-tapeinoprosune-(Greek)-It suggests a person who is modest, unpretentious, and “without airs” about himself...to think modestly of oneself.

Esteem-hegeomai-(Greek)-to lead or to consider...By using this word, Paul is telling us that we must learn to quit promoting ourselves and to learn to respect the outstanding, resplendent gifts and ideas God has given to others. Rather than incessantly talk and “hog” every conversation, we must learn to make room for the gifts that lay resident in other people. Their talents and ideas

are just as important as ours are. Let the Holy Spirit teach you to respect and make room for the contributions of others. If you'll sincerely ask the Holy Spirit to help you, He will begin to teach you *how to esteem others better than yourself.*

2:4- "Let each of you look out not only for his own interests, but also for the interests of others."

Also: Please see Hannah's notes on *The Dangers of Comparison!*

4. Thoughts! *Philippians 4:8*-Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are **lovely**, whatever things are of **good report**, if there is any **virtue** and if there is anything **praiseworthy-meditate on these things.**

Proverbs 23:7-For as he thinketh in his heart, so is he becoming. Human nature is bent towards the negative. It takes diligence to overcome.

Look at your inner thought patterns. Notice how these influence your attitudes toward life in general. ***Our thinking is critical!*** Every situation in our lives is interpreted by what we *think* and what we *believe!*

Lust, fear, rejection, poverty, vain imaginations, reasonings, doubt, worry, failure, lies, criticisms, suspicions, wonderings/wanderings, guilt, condemnation, depression, (to depress-to lower in spirits; sadden), self-pity, complaining, stubbornness, rebellion, envy, jealousy, etc., are all still part of unrenewed mind and a part of the old creation! Get rid of it! ***It is STEALING YOUR JOY! Re/new your mind! Get a new mind!***

(Side trail!)-Pertaining to our thought lives! (For your quiet time!)

***Anxiety, stress, worry- 4:6**-Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard (continually) your hearts and minds through Christ Jesus.

Anxious- "care"-merimna-(Vine's)- "to be pulled in different directions" An Old English root of this word, is, "to strangle"... "to be anxious beforehand..." Worry divides the mind between worthwhile interests and damaging thoughts. The apostle James states the unhappy condition of the person with the divided mind: A double minded man is **unstable** in all his ways. (James 1:8)

Solution to anxiety-Peace of mind requires singleness of mind. Just as worry means "divide the mind," so we might say that peace is "uniting the mind"...

How to get 'singleness of mind'.

1. Recognize and **know** that our Lord is "**El Shaddai**"-the Mighty Provider-All Sufficient One-**Genesis 17:1-2**-And when Abram was ninety years old and nine, the LORD (Jehovah) appeared to Abram, and said unto him, **I am the Almighty God (El Shaddai)**; walk before me and be thou perfect. **El-God-Shaddai**-Almighty

Shad-(Hebrew)-"breast"...in the same way that a mother's breast is "all-sufficient" for her newborn's nourishment, God is "all sufficient" for His people.

2. Recognize and **know** that: Satan's destruction was **predicted**... Genesis 3:14-15-Satan's destruction **was accomplished** at the cross... 1 John 3:8-"...that He might destroy the works of the devil..."and his destruction **will be completed** in the future... Revelation 20:1-3, 10

1 John 4:4-You are of God little children, and have overcome them, because He Who is in you is greater than he who is in the world.

God is a God of providence-Pro-before-Video-to see-God's providence means that God sees to it beforehand. (the story of Joseph is a great example.) He sees YOU and has it all worked out! Trust Him! Brings great joy!

Life is a series of appointments:

Ps. 32:8-*I will guide thee with Mine eye".* **John 10:4-***And when He putteth forth His own sheep, He goeth before them" ... (great source of contentment!).* **Psalm 61:2-***When my heart is overwhelmed: lead me to the rock that is higher than I.* **Job 22:21-***Acquaint thyself with Him, and be at peace.* **Mathew 6:33-***But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* **Isaiah 26:3-***Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee."*

The Watchful Care of a Heavenly Father: **Matthew 6:25-***Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air; for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?*

5. Paul learned-4:11-*Not that I speak in regard to need, for I have learned in whatever state I am, to be content: (AMP-satisfied to the point where I am not disturbed or disquieted)*

4:12-*I know how to be abased, (AMP-live humbly in straitened circumstances,) ...and I know how to abound. (AMP-I know also how to enjoy plenty and live in abundance) Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. (AMP-I have learned in any and all circumstances the secret of facing every situation...)*

4:13-*I can do all things through Christ Who strengthens me. (AMP-I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency.)*

4:11-*"...for I have learned..." not wanting to learn from life is a thief of joy-**Use your pain. It has a purpose. Never waste your trials.***

4:13-*"...I can do all things through Christ Who strengthens me..." We must rely on God.*



Why not take some time today and reflect on how this rings true in your own life. You can write your thoughts here while under the inspiration of the Scripture: "4:11-"...for I have learned..."

More Keys to Supernatural Joy-(For your quiet time!)

- 1. Get alone with God.** Get in His Presence. **Psalm 16:11-***In Thy presence is fullness of joy; at Thy right hand there are pleasures forevermore. -The manifestation of God's presence always brings deliverance, which yields great joy!*
- 2. Exercise your Faith. Know, believe and apply God's Word-Psalm 19:8-***The statutes of the Lord are right, rejoicing the heart. Jeremiah 15:16-**Thy Words were found, and I did eat them; and the Word was unto me the joy and rejoicing of mine heart; for I am called by Thy name, O Lord God of hosts.*

3. **Giving of yourself to others. Phil. 2:17-** Yes, and if I am being poured out *as a drink offering* on the sacrifice and service of your faith, I am glad and rejoice with you all.

1 Thes. 2:19, 20- For what *is* our hope, or joy, or crown of rejoicing? *Is it* not even you in the presence of our Lord Jesus Christ at His coming? ²⁰ For you are our glory and joy.

Proverbs 11:25b-And he who waters will also be watered himself.