



Grace Life Church
of Dallas

The doctrines of grace, the life of the Spirit, to the glory of God

Philippians 4:1-9

Practice These Things

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Philippians 4:1-5a

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. 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. 4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone.

Philippians 4:5b-7

The Lord is at hand; do not be anxious about anything, 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 your hearts and minds in Christ Jesus.

Philippians 4:8-9

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

What you have learned and received and heard and seen in me---practice these things, and the God of peace will be with you

Philippians 4:1-8 Spiritual Stability

Spiritual Stability-V1 *Standing firm in the Lord*

V2-9 Answer the “How” to stand firm in the Lord

- **V2-3** *Agree in the Lord* and help others agree
- **V4** *Rejoice in the Lord always*
- **V5** *Let your reasonableness be known to everyone*
- **V6-7** *Do not be anxious about anything*
 - *In everything by prayer and supplication with thanksgiving let your requests be made known to God*
- **V8** *Think (dwell) on these things*
 - *Whatever is true, honorable, just, pure, lovely, commendable, anything excellence, worthy of praise*

What you have learned and received and heard and seen in me

Before we see what Paul tells the church to do with each of these, let's understand them:

What you have learned: to be apprised, increase in knowledge

- As Christians we must never stop learning
- **2 Peter 3:18** *grow in the grace and knowledge of our Lord and Savior Jesus Christ*

What you have received: to take with one's self (to accept)

- It isn't enough to increase in knowledge, we must receive the truth
- **1 Thessalonians 2:13** *And we also thank God constantly for this, that when you **received** the word of God, which you heard from us, you accepted it not as the word of men but as what it really is, the word of God, which is at work in you believers.*

What you have learned and received and heard and seen in me

What you have heard: hearing of what is being taught

- As a Christian you must put yourself in a position to hear truth

What you have seen in me: truth exemplified

- Paul not only taught truth, he demonstrated it (life)
 - **Philippians 3:17** *imitate me and keep your eyes on those who walk according to the example you have in us*
- Elders are called to teach AND be above reproach
- Jesus Christ perfectly exemplified the truths He taught

What does Paul want the church to do with what they have learned, received, heard and seen in him?

Practice these things

Practice: to exercise, to carry on, to perform habitually

It isn't enough to be hearing the Word, growing in understanding, and receiving the Word as truth. We must be practicing these things.

One of the greatest ways for a Christian to be deceived regarding the true state of their spiritual life/progress is to hear truth, grow in the understanding of truth, & affirm truth, but not practice it.

- **James 1:22-25** *But be doers of the word, not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.*

Practice these things

God is glorified in obedience (practicing of truth)

- **Matthew 5:16** *In the same way, let your light shine before others, so they may see your **good works and give glory to your Father who is in heaven***
- **1 Peter 2:12** *Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your **good deeds and glorify God***
- **John 15:8** *By this is My Father glorified, **that you bear much fruit and so prove to be my disciples***

How do we go from being a hearer and receiver (affirmer) to a doer (practicer), and thus glorify God?

Practice these things

How do we go from being a hearer and receiver (affirmer) to a doer (practicer), and thus glorify God?

Joshua 1:8 *This book of law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to **do** according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

Ezra 7:10 *Ezra had set his heart to study the law of the Lord, and to do it and to teach his statutes and rules in Israel.*

- Set his heart (devoted himself, disciplined himself)

If you are seeing a disconnect between your hearing truth, affirming truth and practicing truth, the missing link is meditation (study).

Practice these things

If I practice these things, God is glorified and what's the promise given to us? (Motivation)

And the God of peace will be with you

When we hear God's Word, continue to grow in it, receive it, and meditate upon it, we will create a discipline of practicing it.

When we practice (obey) God's Word, we will be walking according to God's will (path). In this God is glorified and we find our greatest joy (peace).

John 13:17

If you know these things, blessed are you if you do them