

Philippians 4. Thankful Hearts seek unity.

GRAHAM AND SAUNDRA THANK YOU

Lets read together – Philippians 4:1-9

Background to Philippians- letter, jail, healthy church, don't rest on past accom,

What is going on in the church? Division

v.2. I entreat/beg.....to agree.....in the Lord – there was a problem in the church

don't know what it was, but we can narrow it down.....

When we think about unity, we think of it in 3 different ways w/in the church....

Unity on essentials – these are things that there cannot be disagreement on – the bible, the trinity, salvation by faith alone through grace alone...

Agreement on essentials is salvific in nature.....we cannot disagree on essentials

Unity on understandings – we think we know what it means, but we don't fully know – things like end times, soteriology, baptism mode

Unity on preferences – not based on either, but.....if you come to church expecting me to be in a collar and robe....probably the wrong address in gps, how often we take lord supper, time, musical style

WE MUST have unity on essentials.....When division on understandings and preferences begin to be a problem....those are instances where we must seek unity.....bear with one another.....eph 4:2, be kind, gentle, gracious....bear

Euodia and Syntyche were disagreeing over a preference

How do we know.....v.3.....Paul asks for help – had it been an essential, he would have given correction, if it were an understanding he would have clarified – he also labels them as fellow workers....pref are things we decide

In a weird way its almost comforting to look here and see church conflict....what this tells us...Euodia wanted to paint the walls tan, and syntyche was going a little more flamboyant

And Paul tells them to go ahead and get a mediator.....now.....mediators are important....

How many of you have ever needed a mediator.....the rest of you are lying....

I remember one time, a wife came to me asking for counseling.....she told me that they had gotten in an argument and things got physical and he grabbed her wrist....i thought....oh no....

I go to the husband, ask what happened, why did you grab her wrist.....

Sometimes we need a mediator.....we need a referee....we've quoted bible verses, you've slept on the couch long enough.....lets blow the whistle and figure this thing out...

Sometimes this needs to happen in a church as well....

Lets look at what this is causing in the church...

v.6 – do not be anxious.....

whatever is going on between Euodia and Syntyche is causing anxiety among the believers.....

and anxiety here is the real problem.....its causing believers to stumble.....

lets define anxiety real quick.....anxiety is the feeling or sense of imminent disaster....

Did you know, anxiety is the fastest growing mental health disorder.....recent article in psychology today....anxiety is now being looked at as a potential pandemic.....

What are some causes of anxiety....

Exhaustion

Sickness

Financial worries

Disconnected from family/meaning

Work too much

Success

Overly stimulated

And all of this leads to stress....how do you know if your fighting anxiety.....

For me, I get an eye twitch, insomniac, can't sleep, frustrated easily....

But Paul always gives the solution to problems....

Lets look at 4 ways Paul encourages us to have unity, and defeat anxiety

v.4 Rejoice - 2 options, curmudgeon or speak joy – Prov. 17:22 – a joyful heart is good med, a crushed spirit dries bones

v.5 Be reasonable – adjust your expectations, is it worth fighting over? Essentials yes, prefs NO

v.6 prayer and supplication – the forgotten art, Lord supply

v.7 Give thanks – in the presence of thankfulness you find unity

When we do these 4 things – the result is v.7 - peace

The result is a guarding of the heart – a guarding of unity and a defeat of anxiety.....how?

v.8 whatever is true and honorable – anxiety is a lie –

v.9 whatever is just – anxiety is a raw deal,

whatever is pure – pure/good things, anxiety is the absence of pure it's the fear of tragedy

whatever is lovely – anxiety is absurdly ugly

whatever is commendable – praise worthy, anxiety disappears in joy

if there is anything excellent – God

if there is anything worthy of praise – God – only God

think about these things....

v.9 – what you have learned from me.....

where was Paul? Prison...