

We Can Do It!

(Philippians 4:13)

WE need to share values with other people. This is a noble goal. But much of our ability to accomplish that goal is dependent on how we handle the day-to-day affairs of life ourselves. Our pleas are often muted because men say, "If Christianity is so great, why are you in such a mess?" The concluding chapter of Philippians deals with what we are, ourselves, so that we can take on the task before us.

I. "REJOICE IN THE LORD ALWAYS" (Philippians 4:4)

Note the sphere of such joy. "*In the Lord.*" This is the place where even the dying are blessed (Revelation 14:13). It is the place of all spiritual blessings (Ephesians 1:3). There is no more condemnation there (Romans 8:1). We need to question ourselves to find out if we are in that sphere of joy.

"Rejoice." That is the theme of this book. We rejoice with joy unspeakable and full of glory (1 Peter 1:8). This joy is the fruit of the Spirit (Galatians 5:22-27). This is related to "blessed" in the Beatitudes (Matthew 5). "Always." This is a deep inward joy that cannot be put out by the flimsy affairs of this world. This kind of joy will attract the lost.

II. "LET YOUR FORBEARING SPIRIT BE KNOWN TO ALL. . . ." (Philippians 4:5)

This word is the same as *meekness*. It means to be tamed, or under control. It means to be usable in the hand of God. Meekness is shown by our

submission to God (Romans 6:16-18; James 4:7). This submission is based on the closeness of the Lord. When we know He is with us constantly, it is easier to have the right attitude.

III. DO NOT WORRY—PRAY (Philippians 4:6, 7)

The word *worry* literally means to choke, and worry will choke the very life from us as God's children. But how in the world do we stop worrying? We must realize its futility (Matthew 6) and turn to prayer. We can pray for supplication, by pleading our cause. We can ask for intercession by thinking about the needs of others. We can pray with thanksgiving and praise God for His blessing. We can make requests and ask for what we want. The result of prayer is that the peace of God will rule our hearts. We do not understand it, but we believe it.

IV. THINK ABOUT PROPER THINGS (Philippians 4:8)

If we dwell on mean, ugly, hateful thoughts, we will become mean, ugly, and hateful. We must think of true, noble, just, pure, lowly things. Things of good report and that are praiseworthy. Thinking on these will result in this kind of life. We must be content where we are (Philippians 4:10-12). This is a hard lesson to learn. We must get things into perspective (Hebrews 13:5; 1 Timothy 6:6-8) and realize that sufficiency comes with Christ (Colossians 2:10).

CONCLUSION

This kind of life will draw the lost world to God. But it can only be lived through power from

Christ. His power enables us to be and do what God desires of us. Will we live with this power?
—Leon Barnes

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