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Philippians 3 & 4
Welcome





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Fixing Our Minds on Christ

Philippians 3:17-4:9

Kelly Coaty

Philippians 3-4



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MIT

When we fix our minds on Christ, it shapes our identity, our relationships, and our peace—enabling us to stand firm in Him.





Phil 3:1-3:16 Quick Recap

- Paul reminds us that true righteousness and joy aren't found in our efforts – it's found in Christ alone.
- The Christian life is a continual pressing on – not looking at the past, the thing that I've done, but pursuing Him above all.
- Surpassing worth of knowing Christ



¹⁷ Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. ¹⁸ For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. ¹⁹ Their end is destruction, their god is their belly, and they glory in their shame, with **minds set** on earthly things. ²⁰ But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, ²¹ who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.





Imitate Me! (v. 17)

- The Command
 - Join in imitating me.
- The Filter
 - Keep your eyes on those who walk according to the example you have in us.



Who are these people? (3:18-19)

Identifying the “Enemies of the Cross”

- They aren't strangers
 - They are familiar, once-loved, and "often told of"
- The 'tears' factor
 - Paul's grief suggests these were likely 'insiders,' not distant scoffers
- The counterfeit walk
 - Lives don't match their confession
- The gravity of Earth
 - **φρονέω**
 - Their mindset is fixed on what is visible and temporary
- The tragic end
 - Their trajectory is destruction
 - Makes them a dangerous pattern to follow



- ²⁰ But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,²¹ who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.





Paul Juxtaposes Two Groups of People (v. 17-21)

	Non-Believers	Believers
Identity	Enemies of the cross	Citizens of Heaven
Their "God"	Their stomach (physical desires)	The Lord Jesus Christ
Their Pride	Their shame (boasting in the worldly)	The Savior's glory
Mindset	Set on earthly things	Set on Christ and His return
Ultimate End	Destruction	Transformation (new bodies!)



So, Who Are You Following?

- Watch your influences
 - Not every influence is safe
 - Direction > appearances
- Guard your eyes
 - Social media fuels sideways focus



- **4** Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.



Standing Firm (στήκετε) in the Lord

- A Heart Anchored in Christ
 - Loved deeply by Paul
 - His 'crown' and joy
- Stand Firm in the Lord
 - Not Flashy - often quiet and costly
 - Sometimes lonely
 - Only possible 'in the Lord!'



Stand Firm in the Lord (4:1)

- What does this look like?
 - Identity
 - When you feel insecure or compare
 - Truth
 - When your thoughts spiral
 - Contentment
 - When life feels heavy
 - Love
 - When relationships are hard
 - Obedience
 - When it's costly
 - Dependence
- What is it not?
 - Not the absence of struggles
 - Not the absence of weakness
 - Not a perfect or easy life
- Standing firm is staying rooted in Christ when everything in you wants to drift.





Standing Firm

- Roots that run deep
 - Eph 4:14 – not tossed by the waves
 - Eph 3:17 – Rooted in Christ's love
- Philippians Connections
 - Right examples (3:17)
 - Right identity (3:20)
 - Right thinking (4:8)
 - Right practices (4:9)

Standing firm is the quiet, steady refusal to let go of Christ in real life.





- 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.





Euodia and Synthche

- The situation:
 - Faithful women in gospel partnership
 - Now in real relational conflict
- The call
 - “Agree in the Lord” – **phroneō**
 - Return to the mind of Christ (Phil 2:5-11)



True Companion

- The help
 - A trusted gospel partner is called to intervene
 - A “yoke fellow” - one who shares the load
- The role
 - Not passive
 - Not distant
 - Spiritually steady enough to step in
- Core Idea
 - God often restores unity through people who are willing to carry the burden with others.





E&S vs. True Companion

	Euodia & Syntyche	The True Companion (Syzgygus)
Current Stance	Unsteady , relational fracture	Steady , rooted in the Lord
Mindset (phroneo)	Focused on disagreement	Focused on unity in Christ
Instruction from Paul	"Agree in the Lord"	"Help these women"



Philippians 4:4-7

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness^[d] be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



From Anxiety to Peace (v.4-7)

- Commands:
 - Rejoice in the Lord
 - Be gentle
 - Do not be anxious
 - Pray about everything
- Foundation
 - The Lord is near
- Result
 - The peace of God will guard you



Rejoice... (v. 4-5)

- Rejoicing is a choice
 - Not based on our circumstances
 - Commanded – even in suffering
 - Rooted in the Lord, not life
- Rejoicing Flows from Right Thinking
 - Seeing life through an eternal lens
 - Trusting God's purposes through hardship
 - Following Christ in obedience



... & Rest in Who God is (v. 4-5) cont.

- Reasonableness - ἐπιεικὲς -> gentleness
 - Graciousness
 - Moderation
 - Considerate spirit
 - Gentle spirit
- Trusting God to handle what you cannot
- Gentleness Reflects Trust
 - Patient, steady, not self-seeking
 - Doesn't demand control or outcomes
 - Frees us to love others well
- Foundation
 - The Lord is at hand
 - He's coming back soon!



What Does Rejoicing Look Like in Real Life?

- When life feels heavy:
 - Kids who need constant care
 - Hard conversations or conflict
 - Marital strain
 - Caring for someone who isn't getting better
 - Feeling overwhelmed by responsibilities
- What rejoicing can look like:
 - When life feels heavy
 - "Lord, You're in control, even here."
 - When you feel overwhelmed
 - "Thank You that You see me and sustain me."
 - When comparison creeps in
 - "You have been good to me!"



From Anxiety... (v. 6-7)

- The Struggle
 - Anxiety = trying to control what we can't
 - A mind fixed on what is temporary and uncertain
- The Command
 - Do not be anxious for nothing
 - Bring everything to God
 - Prayer = talking to God
 - Supplication = asking specifically
 - Thanksgiving = remembering His goodness



... to Peace (v. 6-7) cont.

- The Exchange
- The Promise
 - God gives us peace beyond understanding
 - Not based on circumstances
 - Guards your heart and mind



When Anxiety Rises: Anchoring Your Mind in God's Character

When worry starts to creep in, what we need most isn't just relief—we need to remember who God is, because peace is tied to His character, not our circumstances.

"You keep him in perfect peace whose mind is stayed on you..." — Isaiah 26:3

When you feel anxious... set your mind on what is true about God

God is WITH you

"Fear not, for I am with you... I will strengthen you, I will help you." — Isaiah 41:10

"He will not leave you or forsake you." — Deuteronomy 31:8

God is SOVEREIGN

"Our God is in the heavens; he does all that he pleases." — Psalm 115:3

"The Lord works out everything to its proper end..." — Proverbs 16:4

God CARES for you

"Casting all your anxieties on him, because he cares for you." — 1 Peter 5:7

"You are of more value than many sparrows." — Matthew 10:31

God is FAITHFUL

"His mercies never come to an end... great is your faithfulness." — Lamentations 3:22-23

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8

God will SUSTAIN you

"Cast your burden on the Lord, and he will sustain you." — Psalm 55:22

"My grace is sufficient for you..." — 2 Corinthians 12:9

God gives PEACE

"You keep him in perfect peace whose mind is stayed on you..." — Isaiah 26:3

"My peace I give to you... Let not your hearts be troubled." — John 14:27

A Simple Practice for Anxious Moments

1. **Notice** - What am I thinking or feeling right now?
2. **Name** - What is true about God in this moment?
3. **Redirect** - Turn your thoughts into a prayer:
"Lord, You are _____, so I can trust You here."

A Gentle Reminder

- You are not alone
 - You are not out of His care
 - You are not outside His control
- Peace doesn't come from having easy circumstances—it comes from trusting an unchanging God.*

One Truth to Hold Onto

Contentment grows when we trust who God is more than we fear what we face.



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What Have We Made Normal?

- We take other sin seriously
 - We don't excuse it
 - We don't normalize it
- But anxiety?
 - "Of course I'm worried..."
 - "That's just life."
 - "Every woman/mom/senior in high school/etc. feels this way!"
- Scripture says
 - "Do not be anxious about anything..."
(v. 6)
- Have we normalized what God calls us to fight?



Philippians 4:8-9

⁸ 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. ⁹ What you have **learned** and **received** and **heard** and **seen** in me— practice these things, and the God of peace will be with you.



Renew Your Mind (v. 8)

- Think
 - Dwell
- What is True
 - True
 - Just
- What is Pure
 - Pure
 - Honorable
- What is Beautiful
 - Lovely
 - Commendable
 - Excellent
 - Praiseworthy



Live it Out (v. 9)

- Follow Faithful Examples
 - What you've learned, received, heard, and seen
- Practice, Don't Just Know
 - Right thinking leads to right living
- Walk What You Believe
 - Align your choices with what you know is true
 - Daily, intention obedience





The Path to Stability in Christ

Section	Key Action
3:17–4:1	Look Up
4:2–4:3	Look Around
4:4–4:9	Look In



Set Your Mind...

Stand Firm in the Lord

Where is my mind set?

