

Spiritual Metabolism

Equipping Hour 5/3/26

What is Worldview? The Existence of
God

Adopting a Biblical Worldview: The Glory
of God

Embracing God's Sovereignty

Understanding Evil

Biblical Anthropology

Self-Esteem, Self Love, Self Image

Worldview: Who is Your Teacher?

Biblical View of Self: Who is Your
Teacher?

Suffering (End of 1st Semester)

A Biblical View of Anger

Biblical View of Fear

Forgiveness

Decision-Making

Gender & Sexuality

The Dynamic Heart

Spiritual Metabolism

Stand Firm in the Lord

Philippians 4:1-9

Some Context 3:12-21

v. 12 Paul aware of his condition – not already attained (maturity, Christlikeness) but I am moving that direction He pressed to make it his own because Christ made him his own

Some Context 3:12-21

v. 13 One thing I do, forgetting what
lies behind

Straining forward to what lies ahead

Some Context 3:12-21

v. 14 I press on toward the goal

What is the goal?

The prize of the upward call of God in
Christ Jesus

Some Context 3:12-21

v. 15 Let those who are mature think
this way

If you think contrary to this God will
reveal that to you also

Some Context 3:12-21

v. 16 Let us hold true (keep living in this way) to what we have attained

Some Context 3:12-21

v. 17 Be imitators of us and others that are examples of following Christ

Some Context 3:12-21

v. 18 WARNING!!!

Many are walking as enemies of the
cross of Christ

Some Context 3:12-21

v. 19 Their description

- Their end: destruction
- Their god: their belly
- Glory in their shame
- Mind set on earthly things

Some Context 3:12-21

v. 20-21 The Believer

- Our citizenship: heaven
- Await a Savior – the Lord Jesus
- He will transform our body to be like His!

v. 1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

- Therefore – connecting 3:12-21 to 4:2-9

v. 1 Therefore, my brothers, whom I love and long for, my joy and crown, **stand firm** thus in the Lord, my beloved.

- Stand firm - steadfast, stable
- Where do we get it? In the Lord

v. 2 I entreat Euodia and I entreat Syntyche to agree in the Lord.

- Entreat - plead, beg, ask earnestly
- Agree – likeminded
- In the Lord – where agreement must be found

v. 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.

- Paul asks for help for these women

v. 4 Rejoice in the Lord always; again I will say, rejoice.

- Rejoice – state of gladness well-being
- What are we to rejoice in? The Lord
- When? Always

v. 5 Let your reasonableness be known to everyone. The Lord is at hand;

- Reasonableness – suitable, equitable, fair, mild, gentle
- Is this what you and I portray to others

v. 5 Let your reasonableness be known to everyone. The Lord is at hand;

- The Lord is at hand – He is near

v. 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- Anxious – worry, controlled by fear

v. 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

- Instead of anxiety – In God's kindness he says pray

v. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

- Result is a peace
- Result is a promise

v. 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.

v. 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.

- Practice these things
- Another promise – God of peace will be with you