

**INTRO:** You must stand firm in the Lord. (I) Love, (II) Unity, (III) Rejoicing, (IV) Repenting of Anxiety, (V) Praying, (VI) Thinking, (VII) **Doing**.

**BIG IDEA:** In order to persevere in the faith, you must *stand firm* by doing and God must calm you with His presence (v.9).

## I. YOU MUST STAND FIRM BY *DOING* (v.9a)

**PHILIPPIANS 4:9a** “What you have learned and received and heard and seen in me — **practice these things.**”

The Christian life is one of **ACTION!** (*practice has to do with doing*)

- **James 2:14, 17** “What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? . . . So also faith by itself, if it does not have works, is dead.” **Matthew 28:19** “[you must observe/obey] all that [Christ] has commanded you” in His written word.
- **Have you no actions for Christ’s glory? Then you have no faith in Christ’s blood.**  
We are saved through faith alone, but not through a faith that remains alone. Saving faith always results in good works.
- Christian actions are not the root of salvation in Christ; they are the fruit. **(CHILDREN)**
- **ANDREW GRAY (1633–1656):** “When we are most lazy, the devil is most busy. Sloth is the cause of sin, & idleness the fruitful mother of wickedness.”
- **Q.** Are you lazy? Does your conscience accuse you even now of being a sluggard in any of your Christian disciplines or duties? **A.** Repent!
- **However** Our actions for Christ’ glory are not to be cold & loveless! You must love Him from the heart as you love Him with your hands.
- **THOMAS WATSON (1620-1686):** “Duties not mingled with love are as burdensome to God as they are to us.”
- At times obeying Jesus in **ACTION** will feel like *mere* duty! Oftentimes delight comes after duty. You must not refrain from duty because your heart is cold. Sometimes the fire is burning low and acting dutifully will fan the flame of love!

The Christian life is **MORE** than mere action, but it is not less! The Christian life is one of action.

The Christian life is one of **REPETITION!** (*practice has to do with continually doing*)

- This word “practice” does not mean the same thing that I mean when I say “I am *practicing* for a test or a race.” \* *Law Practice / Medical Practice* \*
- **THOMAS BROOKS (1608-1680):** “Now, the more our gifts and parts and graces are exercised, the more they are strengthened and increased. All acts strengthen habits. The more sin is acted, the more it is strengthened. And so it is with our gifts and graces; the more they are acted, the more they are strengthened.”
- **Proverbs 26:11** “ Like a dog that returns to his vomit is a fool who repeats his folly.” So it is, yet the opposite, for a faithful Christian:
- **Like a sick man that returns to his medicine is a wiseman who repeats his holy duties!**

The Christian life is **MORE** than repetitive action, but it is not less! The Christian life is one of repetition.

The Christian life is one of **DISCIPLINE!** (*repetitive actions takes discipline*)

- **Titus 1:8-9** “An overseer, as God’s steward, must be . . . *disciplined*.” **1 Timothy 4:7** “Have nothing to do with irreverent, silly myths. Rather *train yourself for godliness*.” **1 Timothy 4:8** “while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life & also for the life to come.” **Proverbs 5:22-23** “22 The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin. 23 *He dies for lack of discipline*, and because of his great folly he is led astray.”
- **PETER VINKE (1623-1702):** “Whatsoever grace you would have strong and lively in the soul, let it be conscientiously and frequently exercised, and it will become so: this hath many a [proof] amongst the children of God.”
- **If I were to peg one of the things I see most frequently in weak or immature saints, it is this: A LACK OF DISCIPLINE.**  
Spiritual habits take *personal discipline* to form and maintain!
- **1 Corinthians 9:27** “I discipline my body and keep it under control.”
- **You must be as disciplined to spiritually eat** as you are to physically eat.  
**You must be as disciplined to spiritually clothe yourself with good works** as you are to physically clothe yourself.
- **You must be as disciplined to meet the needs of others** as you are to meet your own. **(CHILDREN)**

The Christian life is **MORE** than repetitively disciplined action, but it is not less! The Christian life is one of *discipline*.

I) If you would stand firm by doing, **YOU MUST BE TAUGHT**

- “what you have . . . **learned**”
- **Q.** What did Paul want them to learn? **A.** In **Ephesians 4:20** Paul he would have saints “[Learn] Christ.”
- **JOHN OWEN:** “That good which the mind cannot discover, the will cannot choose, and the affections cannot cleave to.”

**Q.** Are you committed to learning?

II) If you would stand firm by doing, **YOU MUST BE RECEIVE THE TEACHING**

- “what you have . . . **received**” (*taken, accepted*)
- **Q.** What did they receive from Paul? **A.** **1 Thess. 2:13** “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.”

**Q.** Are you committed to receiving whatever is in the Scriptures, because in the Scriptures God is speaking to you?

III) If you would stand firm by doing, **YOU MUST RECEIVE THE TEACHING WITH YOUR EARS**

- “what you have . . . **heard**”
- **Q.** What did they receive with their ears? **A.** **Acts 20:27** “I did not shrink from declaring to you the whole counsel of God.”
- Q.** Are you committed to hearing the word of God preached and taught?

#### IV) If you would stand firm by doing, **YOU MUST BE RECEIVE THE TEACHING WITH YOUR EYES**

- "what you have...and **seen** in me."
- **Q.** What did they see in Paul? **A.** **1 Corinthians 11:1** "Be imitators of me, as I am of Christ."
- **2 Thessalonians 3:6-7** "keep away from any brother who is walking in idleness and not in accord with the tradition that you received from us. For you yourselves know how you ought to imitate us, because we were not idle when we were with you," **(CHILDREN)**

**By the way:** If you are or would be a leader: You must teach so that those you lead would receive—and you do this by words & practice.

## II. GOD MUST CALM YOU WITH HIS PRESENCE (v.9b)

**Philippians 4:9b** "and the God of peace will be with you."

### I) IN CHRIST, YOUR REDEEMER, THE LORD JESUS CHRIST, IS *THE GOD OF PEACE*

"the God of peace"

- **Is.9:6** "For to us a child is born, to us a son is given; & the government shall be upon his shoulder, & his name shall be called...Prince of Peace."
- **Ephesians 2:14** "For [Jesus] himself is our peace."
- God has not sent a convoy of delegates or angels to establish peace, He has sent His only Son. **(CHILDREN)**
- Jesus is the Royal Son come from heaven to purchase *both* peace *WITH GOD* and *INSIDE SAINTS!*
- **Q.** But how did Jesus become "our peace," even our "Prince of Peace"?
- **Colossians 1:19-20** "For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross."

### II) IN CHRIST, YOUR REDEEMER WILL COMFORT YOU WITH HIS PRESENCE

"will be with you."

- **Isaiah 32:17** "And the effect of righteousness will be **peace**, and the result of righteousness, quietness and trust forever."
- **Now hear me:** inner peace comes *not* to saints who are idle or sluggish. God loves His children too perfectly to lay you down in a bed of roses when what you really need is to be laid in a bed of thorns! He disciplines those He loves.
- **Q.** Are you idle or a sluggard *for* Christ's glory, your neighbors good, or your spiritual health? **A.** Then do not be surprised that you have no inner peace.
- **Idle saint, hear this in Proverbs 3:11-12!** "My son, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves him whom he loves, as a father the son in whom he delights."
- **JOHN ARROWSMITH (1602-1659):** "It is better to be a chastened son, than an undisciplined bastard."
- **Inner peace comes to those who are weary in battle**, practicing what they have learned, received, heard, and seen. There is the promise! "The God of peace will be with you."
- **Weary saint, hear the promise of Romans 16:20!** "The God of peace will soon crush Satan under your feet."