



Philippians #8
Rejoice, Release, Respond
Phil 4:10-13

Eric Cepin (in for Daniel McConnell who is sick)
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[Podcast about Trinitarian Prayer](#)

Philippians is a thank-you note from Paul to the Philippians. We will be finishing this in the next couple of weeks. Today, I want to focus on the idea

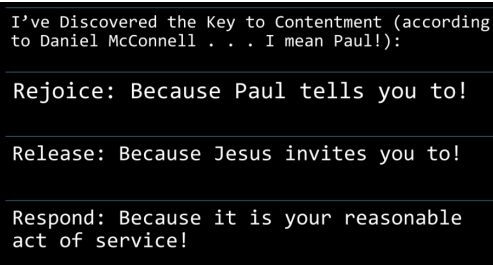
I want to honor Daniel's preparation for this message, which is summarized with REJOICE, RELEASE, RESPOND.



Chew on This!

Philippians 4:8b - think about such things.

Some encouragement: Mark invited us to think about Phil 4:8 and chew on things. Let's chew on the idea of contentment:



There is so much I personally am not content with in so many areas of my life. It is couched in these 3 ideas: rejoice, release and respond.

When my week was not doing well and hit low points,, I didn't make much of Jesus. It's hard to do this: I continually made much of everything else but Jesus.

Rejoice because Paul tells you to
Philippians 4:4: "Rejoice in the Lord always. I will say it again: Rejoice!"

Release because Jesus invites you to Philippians 2:5-8: "In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!"

Respond because it is your reasonable act of service Philippians 1:27: "Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel."

Let's jump into the text:

Philippians 4:10 I rejoiced greatly in the Lord that at last you **renewed** your concern for me. Indeed, you were **concerned**, but you had no opportunity to show it.

A common strategy for taking tests is to skip the questions you don't know and come back to them later.

Philippians 4:11 I am not saying this because I am in need, for I have **learned** to be **content** whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have **learned** the secret of **being content** in any and every situation, whether well fed or hungry, whether living in plenty or in want.

Phil 4:11 Hold onto the idea of LEARNING: we weren't born content; this is a learned idea. This really means self-sufficient: this particularly addressed the stoics in Philippia. Paul has learned to be self-sufficient and is addressing those people who think they are sufficient. Paul says he has learned how to do this.

Rejoicing is a safeguard

Philippians 3 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a **safeguard** for you.

REJOICE from Chap 3 is a safeguard. Paul has learned that making much of Jesus is a safeguard for all things in your life. This takes your eyes off yourself! This isn't just "rah, rah, Jesus" but it's also having Jesus in the center of your life, allowing him to filter is how I understand life. When things are difficult, I don't minimize my pain and suffering but

I include who Jesus is and what he is doing. It's also a safeguard to being sucked into silly and stupid ideas. It's right before the "Beware" verses, which warn about how easily we can get caught up in the wrong things. Contentment involves REJOICING.

Jesus Rejoicing

Jesus first miracle was turning water into wine!

Jesus was often feasting! So often Jesus was accused of being a glutton and a drunkard, sounds like Jesus knew how to rejoice!

Matthew 5:11-12 "Blessed are you when people insult you and persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad for your reward in heaven is great.

Jesus Rejoicing: Jesus was about rejoicing, even when we are falsely accused and misunderstood.

Rejoice

Practice gratitude! Rejoice in what you have

When its hard to rejoice read the Psalms and rejoice through them

Thanksgiving is coming up! A national holiday to practice rejoicing!

This is the fun one! Now lets get to the hard part...

Rejoice; Practice Gratitude: Being able to *verbalize* gratitude is a key.

Release

Recognize your desires

Release your desires

Recognize your burdens

Release your burdens

Release and Recognize your desires and your burdens:

Sometimes we think this means to shove things into our deepest parts and get ulcers, saying "It's no big deal" to our burdens. But part of being able to release your desires and burdens is being honest about what we long for. For example, I really long for my

bathrooms to be remodeled. I wish it were different: this is my reality. Of course, this can also be something much more complex, like a spouse or a job. But you can't grab your spouse and demand what you want from them. Part of contentment is being able to articulate the things you suffer and what you long for. This is done with an open hand: not my will but yours.

Recognize and Release your Desires

The good and bad

The simple and complex

The far fetched and easily attainable

Release your burdens: My own sin and the sin of others: my selfishness, anxiety, and fear, and lack of concern are my sin patterns that you bear as members of this community. .And your sins affect me as well. The release of this is

beautiful: Jesus gave his life for you and me so we can name our sin

Release your Burdens

The weight of your sin

The weight of others sin

and then let it go. My sin doesn't define me if I am willing to repent it and let it go and understand grace: I speak it and then give it to God. There is a release of the burden.

Examples in the Bible

Matt 26:39 "And He went a little beyond them, and fell on His face and prayed, saying, 'My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.'"

Matt 27:46 "And about the ninth hour Jesus cried out with a loud voice, saying, 'Eli, Eli, lema sabaktanei?' that is, 'My God, My God, why have You forsaken Me?'"

Paul has a direction he wants to go yet he gives this to God. I was struck by Jesus's attitude before the crucifixion, perhaps the most important moment in world history: see Matt 26:39. Jesus is honest and states that doesn't want to die or go to the cross or feel pain and shame and be naked before the world. Yet he doesn't shove it somewhere. He verbalizes it to the Father. In

Matt 27:46 This is giving his longing and desire to the Father.

Example in the Bible

Phil 1:21-24 "For to me, to live is Christ, and to die is gain. 22 But if I am to live on in the flesh, this will mean fruitful labor for me; and I do not know which to choose. 23 But I am hard-pressed from both directions, having the desire to depart and be with Christ, for that is very much better; 24 yet to remain on in the flesh is more necessary for your sakes."

Paul has learned how to release the cross as he follows his Savior: to let go of what I want to happen, knowing that what Jesus wants is much better.

Response

Listen for God's response

Consider your response

If you will make much of Jesus and let go of your desires, the next act of worship is to listen for God's response to this.

Daniel wanted to talk about **Trinitarian Prayer** at this point in the message. He practices this himself: He thanks God for who he is and then tells him what he wants. Then he listens for God's will. He recommends that you to go to the **Healing the City Podcast** and listen to it:

[Podcast about Trinitarian Prayer](#)

Part of contentment is learning to listen to God's response: Here are some things to facilitate this:

God's response

No longer chained to your own desires

→ Christ speaks words of comfort

Free from the weight of your own sin

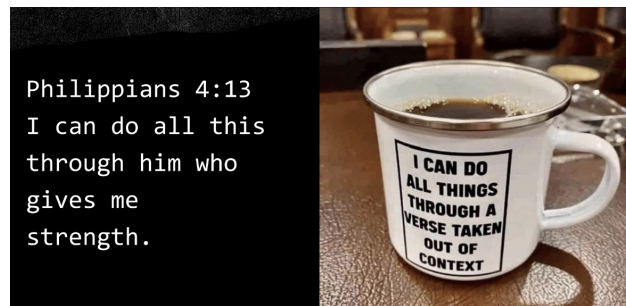
→ Called near to Christ to be offered help

Free from the weight of the sin of others

→ We have fellowship in the spirit and tender mercy

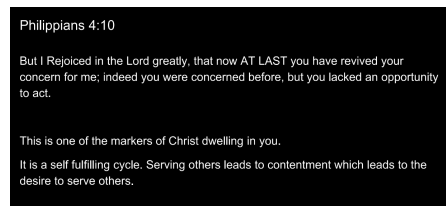
God's response I want you to ponder this, chew on it. Think about being chained to your own desires and using this as a way to be comforted by Jesus. As I think of my bathroom, I think I need these things need to be fixed for me to be OK. I feel ashamed

about our (structurally damaged) bathroom. But does this define me? If people really define me this way, are these the people I want to know?



Phil 4:12 We hear this taken out of context a lot! For example, I cannot and will not be able to slam a basketball. This verse is powerful and connected to the LEARNED part. Paul learned sufficiency by being insufficient.

Philippians 4:13 I can do all things On my own, I cannot be content without Christ.



It is interesting that this is what happens when you and I are content: You were always concerned about me and it's evident through the people who have come to help me. This is an ongoing cycle: Paul says when your health is there, I rejoice and when it's not I ask for it.

Rejoice because Paul tells you to
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always. I will say it again: Rejoice!"