

## Knowing and Doing

It's one thing to know what to do, and another thing to live it!

Paul wrote that believer were to stand firm in the Lord

<sup>1</sup>Therefore, my beloved brethren, whom I long to see, my joy and crown, **in this way stand firm in the Lord**, my beloved. (Phil. 4:1)

<sup>2</sup>I urge Euodia and I urge Syntyche to **live in harmony** in the Lord.

<sup>3</sup>Indeed, true companion, I ask you also to help these women who have shared my struggle in the cause of the gospel together with Clement also and the rest of my fellow workers, whose names are in the book of life.

<sup>4</sup>**Rejoice** in the Lord always; again I will say, rejoice!

<sup>5</sup>Let your **gentle spirit** be known to all men. The Lord is near.

<sup>6</sup>Be anxious for nothing, but **in everything by prayer** and supplication with thanksgiving let your requests be made known to God.

<sup>7</sup>And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup>**Finally, brethren**, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, **dwel**l on these things.

<sup>9</sup>The things you have learned and received and heard and seen in me, **practice these things**, and the God of peace will be with you.

Philippians 4:2-9

**Stand firm:**—speaks of **spiritual stability**- hold on

Key: “in the Lord”

To the question: “How should we stand firm?” Paul gives six directives:

***In this way***... Describes the process that something comes about.

1. **Live in peace** with one another --***Live in harmony in the Lord***

People may not be best of friends but in the Lord we are called to love one another, to be tenderhearted, forgiving one another as we have been forgiven. The work of the Lord is important enough to live in harmony, to serve the Lord.

Many missionaries were returning from the field not because they didn't love the work or the people they were serving, but because they couldn't get along with fellow missionaries.

## **2. Rejoice in the Lord continually**

J. B. Phillips translation:

“Delight yourselves in the Lord, yes, find your joy in him at all times.”

Our circumstances will sometimes bring us joy. But when they don't the Lord will be our joy. The more we understand about Him, the more our joy will be in Him.

Our inner attitudes do not have to reflect our outward circumstances. Happiness is based on happenings, Joy is based on an inner relationship with Jesus “In whose presence is fullness of joy.”

Through that relationship Paul could remind the Philippians to rejoice, even though he wrote from prison.

## **3. Have an attitude of gentleness**

*Epieikes – Sweet reasonableness or graciousness*

An attitude that is willing to yield his rights to show consideration and gentleness to others- A Christlike spirit “I am meek and lowly in heart”

The key to this quality is the nearness of God.

“The Lord is near.” How would you respond to someone if Jesus were with you?

## **4. Pray about everything** Vs. worry – experience personal peace from God

Imagine what it must have been like for Daniel when an edict was signed, making prayer to any god other than the king a crime punishable by death.

Daniel continued to pray as had been his regular custom. Prayer was so important to him that he didn't change the times he regularly prayed nor the place. He was caught and thrown to the lions.

Dan.

Paul gave two final exhortations to the Philippian believers on how to stand firm in the faith: By Thinking Right and Doing Right.

## **V. Think Right.**

The next vital key to effective Christian living is to think right.

**<sup>8</sup>Finally, brethren**, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise,  **dwell** on these things.

As Henry ford said,

“Thinking is the hardest work there is, which is probably the reason why so few engage in it.”

Ravi Zacharias’ broadcast, “Let my people think!”

Seeing the reasonableness of the Word of God they would understand that apart from God and His Word all other things are foolish.

***dwell on these things.***

***Dwell,***

– logizomai – “to evaluate,” “to consider,” or “to Calculate.”

Habitual discipline of the mind to set all thoughts on these spiritual values.

Reflect contemplate, study, ruminate, think through, think about

**Solomon wrote**, “As a man thinks in his heart, so he is.”

In 2 Cor. 10 our thought life is the key issue of spiritual warfare:

“For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.

We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ...” ( 2 Cor. 10:3-5).

**People’s lives are the product of their thoughts.**

Psalm 1 How blessed is the man who does not walk in the counsel of the wicked,

Nor stand in the path of sinners not sit in the seat of scoffers.

Don’t listen to wicked counsel and never follow it.

And don't hang around people who do evil or you will think like them.

### **The Contrast**

But his delight is in the Law of the Lord and in His Law he meditates day and night. And he shall be like a tree planted by rivers of water which brings forth its fruit in its season, and its leaf shall not wither and whatever he does shall prosper.

Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny.

Paul warned the Galatians,  
"Do not be deceived, God is not mocked;  
for whatever a man sows, this he will also reap.  
For the one who sows to his own flesh will from the flesh reap corruption.  
but the one who sows to the Spirit will from the Spirit reap eternal life.  
Let us not lose heart in doing good,  
for in due time we will reap if we do not grow weary." (Gal. 6:7-9).

In this life someone will experience either the rewards of wise behavior or be caught in the jaws of consequence.

The Law of Sowing and Reaping: We reap what we sow, more than we sow, and later than we sow.

The behavior that begins as seeds of thought then can grow into attitudes and actions that can adversely affect generations to come.

James warns,

"Each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. Do not be deceived my beloved brethren." (James 1:14-16).

Thoughts lead surely to actions and so Paul ends his list of essentials for standing firm in the Lord with right actions.

## **VI. Doing Right**

<sup>9</sup>The things you have learned and received and heard and seen in me, **practice these things**, and the God of peace will be with you.

Philippians 4:1-9

**Paul speaks of mentoring:**

***Learned and received*** – attentiveness

**F. A. T.** – Faithful Available Teachable – key to disciples

Paul was the great teacher of believers.

He constantly instructed. He wrote to Timothy,

“The things which you have heard from me in the presence of many witnesses, entrust these to faithful men who will be able to teach others also.” (2 Tim. 2:2).

It’s not easy to teach people who are not learners. Jesus spoke of those who listened but wouldn’t do what he said,

“Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter. Therefore everyone who hears these words of Mine and acts upon them may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came and the winds blew and slammed against the house; and yet it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and he fell – and great was it’s fall.” (Matt. 7:21; 24-27)

James also added some scolding warnings,

“Prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was.” (James 1:22-24)

“Even so faith, if it has no works, is dead, being by itself...show me your faith without the works and I will show you my faith by my works.” (James 2:16-17)

“Thought in it’s embryo form, is the result of that to which you give your attention; this comes to maturity through proper feeding. But it all comes to birth through action. Therefore, the smallest word ‘do’ has the greatest importance.”

What is the secret of blessing?

It’s not enough to know, we must do.

The Lord Jesus said,

“Now that you know these things, you will be blessed if you do them”  
(John 13:17).

Blessing is the result of acting according to scriptural injunction in the enabling power of the Holy Spirit.

Stuart Brisco writes in his commentary on Philippians, *Happiness Beyond Our Happenings*:

“If you do what you know, and what you know is the result of meditation on the truth of God taught to you in various ways, you will be blessed – and be a blessing. But if you don’t meditate and learn, you won’t know what to do, and, therefore, you won’t do much or be blessed. And even if you do know but don’t do it, you will be unblessed. You will be a dismal archive of truth instead of a gallery of living experience.”<sup>1</sup>

### ***Heard and seen-***

Listen then watch it modeled, then do while the mentor watches you, then go out and do. Practice long enough with a mentor and a learner becomes proficient.

**Practice as a habit “These things habitually practice...” (Wuest’s Transl.)**

*A lot of practicing makes more perfect the performing.*

Righteous living benefits us personally and everyone who knows us. The pattern of discipleship is first that we watch someone whose life we can model our own after. Then others watch how we live and we can mentor them. Follow a mentor, be a mentor to others who will be models for others to follow.

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<sup>1</sup> Stuart Briscoe, *Happiness beyond our Happenings*, (Wheaton: Harold Shaw Publishers, 1993), p. 141.

In chapter 2 Jesus' example of humility is the model for our selflessness in relating to others. ... " (Phil. 2:5)

Afterwards Timothy is the example of selfless behavior for them to see.

"For I have no one else of kindred spirit who will genuinely be concerned for your welfare. For they all seek after their own interests, not those of Christ Jesus." (Phil. 2:20-21)

In Chapter 3 Paul invites his readers to follow his example and to compare others to the standard of life he has set.

"Brethren, join in following my example, and observe those who walk according to the pattern you have in us." (Phil. 3:17)

Following a mentor puts people into a streamlined growth process. Observing leaders will bring spiritual growth and maturity much more efficiently. School teachers, music instructors, and apprenticeship programs all utilize mentors at various levels to maximize learning, personalize skillset building and produce master or journeyman-level workers. Most of the spiritual disciplines, like prayer, great faith or stewardship are caught more than merely taught because they include attitudes as well as knowledge. They come from the heart and flow out of Christian love and the leading of the Spirit. They are often qualities like wisdom which comes from God and from listening to wise counsel. The Word of God is the source of great wisdom, godly counsel, and example.

The result of doing Right is that ***The God of peace shall be with you.***

**To-Do List:**

1. Live peacefully with others
2. Rejoice in the Lord
3. Have a gentle spirit
4. Pray away anxiety
5. Discipline your mind
6. Practice what you know