

Fact Sheet for **“Seven Imperatives for a Good Attitude”**  
**Philippians 4:4-9**

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Today we will be looking at a passage with seven imperatives that have a lot to say about who we are on the inside. In these seven imperatives Paul sums up much of what he has been saying in this book. We sing the first two. The 3<sup>rd</sup> is not as well known. We repeat the 4<sup>th</sup> and 5<sup>th</sup> to each other. We are aware of the 6<sup>th</sup> and 7<sup>th</sup>.

**1<sup>st</sup> & 2<sup>nd</sup>**

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

We sing this verse in rounds.

Paul repeats the imperative to “rejoice” for emphasis.

What does it mean to rejoice in the Lord? It means to delight in Him.

Some people do this by singing. I do it by immersing myself in scripture, or by immersing myself in prayer.

**3<sup>rd</sup>**

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

This verse is not as well known.

**“reasonableness”** – What is right or fitting, reasonableness, gentleness

**“let... be known”** – In their experience with you

**“The Lord is at hand”** – You don’t know when He is coming for you.

**4<sup>th</sup> & 5<sup>th</sup>**

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

We repeat this verse to one another

**“anxious”** – To be concerned about

The reference here is to the cares of life which disturb sleep.

See Matthew 6:27 and Luke 12:25.

Concern is unavoidable, but liberation comes when we lay our concerns before God in prayer.

**“supplication”** – an earnest or humble request, plea, petition

**“with thanksgiving”** – Check your attitude as you approach God.

**“let your requests be made known to God”** –

Does He not know them before I pray?

This is all about what we are to do, not about what God knows or doesn’t know.

It is one of the mysteries of prayer.

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

This is one result of practicing not being anxious, but bringing your requests to God.

### **6<sup>th</sup> & 7<sup>th</sup>**

<sup>8</sup> ¶ **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. <sup>9</sup> What you have learned and received and heard and seen in me-- practice these things, and the God of peace will be with you.**

We are aware of these verses

**“true”** – True to reality

There is absolute truth! (See John 18:37-38)

**“honorable”** – Also: dignified

**“just”** – Righteous

A legal term

**“pure”** – Moral purity

**“lovely”** – Pleasing, agreeable

**“commendable”** – Praiseworthy

**“excellence”** – Virtue

**“worthy of praise”**

These things they learned from Paul, they received from Paul, they heard from Paul, and they saw in Paul. And you can sense that throughout this book.

**“practice these things”** – Do! Not just know!

Now here's the key question.

We sing the first two of these imperatives. Do we rejoice always?

We don't know the 3<sup>rd</sup> one as well. How many around us know us as gentle?

We repeat the 4<sup>th</sup> and 5<sup>th</sup> to each other. Are we anxious? How's our prayer life?

And we are aware of the 6<sup>th</sup> and 7<sup>th</sup>. Are we as individuals sweet or irritable?

How well are we doing at *PRACTICING* these imperatives?

When you are elderly what kind of person do you want to be (*character, not illness*)?

No matter how long we live we can still mature spiritually. The first step is to place your faith in Christ for the forgiveness of your sins. Another early step is to be baptized. A necessity is to be an active part of a local church. Read your Bible. Pray. Apply what you read. And... keep on growing in the Lord.