

HOPEFM - JOURNEY TO WHOLENESS

APOSTLE PAUL'S ADVICE to the PHILIPPIANS

*Very modern advice for all of us as we also live out our
Journey To Wholeness.*

1. Don't GRUMBLE Philippians 2:14,15 "Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky."
2. Be CONTENT Philippians 2:5,6 "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;"
3. Don't WORRY Philippians 4:6,7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
4. Think POSITIVELY Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."
5. Aim HIGH Philippians 3:13-16 "Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus. All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. Only let us live up to what we have already attained."
 - a. DON'T BE A HYPOCRITE
6. Be HUMBLE Philippians 2:3,4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

7. Love OTHERS Philippians 4:14-18 “¹⁴Yet it was good of you to share in my troubles. Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; for even when I was in Thessalonica, you sent me aid more than once when I was in need. Not that I desire your gifts; what I desire is that more be credited to your account. I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God.
8. Conduct YOURSELF WELL - 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...”
9. Be an EXAMPLE Philippians 3:17 “Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.”

As we shared in our programme each of these counsels that the Apostle Paul gives in his letter to the Church in Philippi have a link to our health both physical, emotional, relational and spiritual.

Let us all seek to follow this counsel and remember the promise of the Bible is “That I can do all things through Christ, who strengthens me.” Philippians chapter 4 verse 13.