

Philippians Series

Lesson #101

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Dean Bible Ministries

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What IS a Spiritually Tough Mindset?

Philippians 4:4–10



2 Cor. 10:1, “Now I, Paul, myself am pleading with you by the humility and graciousness of Christ—who in presence am humble among you, but being absent am bold toward you [RD]

2 Cor. 10:2, “But I beg you that when I am present I will not need to be bold with the confidence by which I intend to be bold against some, who think of us as if we walked according to the flesh. [RD]

2 Cor. 10:3, “For though we walk *in* the flesh, we do not war *according to* the sinful standards of the sin nature.” [RD]

2 Cor. 10:4, “For the weapons of our warfare are not carnal but mighty in God for demolishing strongholds and [RD]

2 Cor. 10:5, “by casting down arguments and every arrogant opinion that exalts itself against the knowledge of God, by bringing every thought into captivity to the obedience of Christ, [RD]

2 Cor. 10:6, “and by being ready to punish all disobedience when your obedience is fulfilled.” [RD]

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What IS a Spiritually Tough Mindset?

It is not arrogant machoism!

It is not self-centered!

It is not threatened by the systems of the world, because it is quietly confident in God, resting in the absolute TRUTH of God's Word.

Therefore, it has learned to stick to God's Word.

Php. 4:4, “Rejoice in the Lord always. Again I will say, rejoice!

Php. 4:5, “Let your gentleness be known to all men. The Lord is at hand.

Php. 4:6, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Php. 4:7, “and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Php. 4:8, “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

Php. 4:9, “The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Php. 4:10, “But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.”

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Php. 4:10, “But I rejoiced in the Lord greatly that now at last your care [thoughtful concern] for me has flourished again; though you surely did care [think about me], but you lacked opportunity.

What is the key idea here?

- **Rejoice, but more importantly ...**
- **Mental attitude; mindset; thinking.**

Php. 4:4, “Rejoice in the Lord always. Again I will say, rejoice!”

χαίρω *chairō*

**2 plur pres act impera
to rejoice; be glad**

**Present imperatives
indicate a
standard practice
which believers
should have.**

**χαίρω (*chairō*), used 72× in the NT;
36× in the epistles, 29 by Paul, 9 in
Php., 4 in John’s epistles, mostly
2 John, 1 in 3 John
2× in Peter, 1 Pet. 4:13.**

**1 Pet. 4:13 “but rejoice to the
extent that you partake of Christ’s
sufferings, that when His glory is
revealed, you may also be glad
with exceeding joy.”**

**χαρά (*chara*), joy, 24 times in the gospels; 4 times in Acts;
31 times in the Epistles.**

What the Bible Teaches About

Joy



Gal. 5:22, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

Gal. 5:23, “gentleness, self-control. Against such there is no law.”

ἐγκράτεια *egkrateia*, **self-control, self-mastery, self-restraint**

2 Pet. 1:5, “For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge,

2 Pet. 1:6, “and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness,

2 Pet. 1:7, “and godliness with brotherly affection, and brotherly affection with love.

2 Pet. 1:8, “For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.”

**Gal. 5:22, “But the fruit of the Spirit is love, joy, peace,
longsuffering, kindness, goodness, faithfulness,**

**Gal. 5:23, “gentleness, self-control. Against such there is
no law.”**

How is this fruit developed?

Gal. 5:22, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

Gal. 5:23, “gentleness, self-control. Against such there is no law.”

How is this fruit developed?

Gal. 5:16, “Walk by means of the Spirit and it will be impossible for you to bring to completion the lust of the sin nature.” [RD]

**Gal. 5:22, “But the fruit of the Spirit is love, joy, peace,
longsuffering, kindness, goodness, faithfulness,**

**Gal. 5:23, “gentleness, self-control. Against such there is
no law.”**

**Only by “abiding in Christ” and “walking by the Spirit” can
the Holy Spirit produce these spiritually tough mental
attitudes within us!**

Php. 4:8, “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”

Php. 4:9, “The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” [NKJV]

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Τὸ λοιπόν *to loipon*

**“Finally, in
conclusion”**

**Introduces some final
exhortations.**

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“Finally, in conclusion”

Introduces some final exhortations.

ὅσος *hosos*

Pronoun (corr) neut plur nom

“whatsoever, whatever,”

meaning “as many as, all who,” and in the neut.

repeated six times for emphasis.

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λογίζομαι *logizomai* 2 plur present middle (deponent)

imperative to count, think, calculate.

This is a thought word. It is related to the noun *logos*, but as a verb it emphasizes calculated thinking. The word is often translated as to think about something, to relect, or to focus one’s thinking. It is also used for crediting something to someone’s account—imputation!

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ἀληθής *alēthēs*

Adjective

neut plur nom

**that which conforms to reality, truth,
indicates an absolute reality,
something that can't be modified.
true, honest, genuine.**

Matt. 22:16, “And they sent to Him their disciples with the Herodians, saying, ‘Teacher, we know that You are true, and teach the way of God in truth; nor do You care about anyone, for You do not regard the person of men.’ ”
(cf., Mark 12:14) Only used in the synoptics.

1 John 5:20, “And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.”

1 Pet. 5:12, “By Silvanus, our faithful brother as I consider him, I have written to you briefly, exhorting and testifying that this is the true grace of God in which you stand.”

John 8:46, “Which of you convicts Me of sin? And if I tell the truth, why do you not believe Me?”

John 14:6, “Jesus said to him, ‘I am the way, the truth, and the life. No one comes to the Father except through Me.’ ”

John 14:17, “the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.”

John 15:26, “But when the Helper comes, whom I shall send to you from the Father, the Spirit of truth who proceeds from the Father, He will testify of Me.”

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σεμνός *semnos*

neut plur nom

BDAG: dignified; worthy of respect, dignified, *honorable, worthy, venerable, holy, above reproach*. It's opposite is someone whose thought life is shallow, superficial, frivolous, or disrespectful of values.

1 Tim. 3:8, “Likewise deacons must be reverent, not double-tongued, not given to much wine, not greedy for money,” [NKJV]

1 Tim. 3:11, “Likewise, their wives must be reverent, not slanderers, temperate, faithful in all things.” [NKJV]

Titus 2:2, “that the older men be sober, reverent, temperate, sound in faith, in love, in patience;” [NKJV]

1 Tim. 3:8, “Deacons, likewise, should be worthy of respect, not hypocritical, not drinking a lot of wine, not greedy for money,” [HCSB]

1 Tim. 3:11, “Wives, too, must be worthy of respect, not slanderers, self-controlled, faithful in everything.” [HCSB]

Titus 2:2, “Older men are to be level headed, worthy of respect, sensible, and sound in faith, love, and endurance.” [HCSB]

1 Tim. 3:8, “Deacons likewise must be dignified, not two-faced, not given to excessive drinking, not greedy for gain,” [NET]

1 Tim. 3:11, “Likewise also their wives must be dignified, not slanderous, temperate, faithful in every respect.” [NET]

Titus 2:2, “Older men are to be temperate, dignified, self-controlled, sound in faith, in love, and in endurance.” [NET]

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δίκαιος *díkaios* “that which is right, conformable to right, pertaining to right, that which is just.” Therefore, it means that which is expected as duty and which is claimed as a right because of one’s conformity to the rules of God, not necessarily that of the culture or society.

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***ἄγνός* *hagnós* 1. Innocent, pure, blameless**

1 John 3:2, “Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is.

1 John 3:3, “And everyone who has this hope in Him purifies himself, just as He is pure.

1 John 3:4, “Whoever commits sin also commits lawlessness, and sin is lawlessness.

1 John 3:5, “And you know that He was manifested to take away our sins, and in Him there is no sin.”

2 Cor. 7:11, “For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.”

James 3:17, “But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy and good fruits, without favoritism and hypocrisy.”

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***ἄγνός* *hagnós* 1. Innocent, pure, blameless.**

It is opposite of thoughts that are tainted by sin, by mental attitude sins or emotional sins.

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**προσφιλής *prosphilēs* causing pleasure or delight, pleasing, agreeable, lovely, amiable;
thoughts that are pleasing, i.e., pleasing to God**

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εὐφημος *eúphēmos* Well-spoken of, of good report, praiseworthy, laudable

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**ἀρετή *areté*
BDAG: uncommon character worthy of praise, *excellence of character, exceptional civic virtue* includes: Human virtue in general (Php. 4:8); courage, fortitude, resolution**

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ἔπαινος *épainos*

commendation, praise, approbation

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Rom. 6:11, “So, you too consider yourselves dead to sin but alive to God in Christ Jesus.”

Rom. 8:18, “For I consider that the sufferings of this present time are not worth comparing with the glory that is going to be revealed to us.”

1 Cor. 13:5, “does not act improperly, is not selfish, is not provoked, and does not keep a record of wrongs.” [HCSB]

1 Cor. 13:5, “does not behave rudely, does not seek its own, is not provoked, thinks no evil;” [NKJV]

1 Cor. 13:11, “When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I put aside childish things.” [HCSB]

φρονέω *phroneō*

Rom. 12:3, “For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.”

2 Cor. 10:5, “casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,”

How do we do this?

Mental attitude self-control: we must learn to master our own thought life.

What is mental toughness?

- 1. It is grounded on the truth, orientation to the reality of God's Word.**
- 2. It is stick-to-it-tiveness. It isn't tough in sort of a macho thing, it is knowing the right thing to do, and you do it, whether you feel good about it.**
- 3. You practice it so much until it is part of you.**

Mentally standing your ground against the world, and it isn't a self-reliance.

Gal. 5:22, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

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2 Pet. 1:8, “For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.”

Examples of mental toughness and self-mastery

Paul

Acts 24:23, “So he commanded the centurion to keep Paul and to let him have liberty, and told him not to forbid any of his friends to provide for or visit him.

Acts 24:24, “And after some days, when Felix came with his wife Drusilla, who was Jewish, he sent for Paul and heard him concerning the faith in Christ.

Acts 24:25, “Now as he reasoned about righteousness, self-control, and the judgment to come, Felix was afraid and answered, ‘Go away for now; when I have a convenient time I will call for you.’ ”

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Acts 24:25, “Now as he reasoned about righteousness, self-control, and the judgment to come, Felix was afraid and answered, ‘Go away for now; when I have a convenient time I will call for you.’

Acts 24:26, “Meanwhile he also hoped that money would be given him by Paul, that he might release him. Therefore he sent for him more often and conversed with him.”

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