

Beyond Survival
Philippians 4:4-19

Captain Gerald Coffee, POW and author of the book, "Beyond Survival"

1. Learn to Rejoice ALWAYS (4).
 - a. In one verse, Paul gives 2 commands to rejoice!
 - i. Rejoice in your identity in Christ – Galatians 2:20 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me."
 - ii. Rejoice in your freedom in Christ – John 8:36 "If the Son therefore shall make you free, ye shall be free indeed."
 - iii. Rejoice your victory in Christ – 1 Corinthians 15:57 "But thanks be to God, which giveth us the victory through our Lord Jesus Christ."
 - b. It's often the case that those who have the most are the least thankful; that ought never to be the case for the Christian.
 - i. If you refuse to rejoice, you refuse God's blessing.
 - ii. Rejoicing demands faith; without faith it is impossible to please God (Hebrews 11:6).
2. Learn to Trust God (5).
 - a. Christians ought to be known for their moderation, not their selfish excess.
 - i. Christians ought not be hoarders!
 - ii. Christians who've learned moderation are careful with their finances in the good times so that they have the means to be generous in the bad times.
 - b. Christians learn to practice moderation because they know the Lord could return at any moment.
3. Learn to Replace Worry with Prayer (6-7).
 - a. When Coffee was first imprisoned, he prayed that God would free him quickly; as the months wore on, he began to change his request; he prayed that God would not let him waste this time; he prayed that God would use his imprisonment to make him a better man, a better husband, a better father, and a better soldier; he asked God to teach him lessons that he could share with the world when he was released.
 - b. When we pray, we remind ourselves that we are not alone (Hebrews 13:5; Matthew 28:20).
 - c. When we replace worry with prayer, God rewards us with His peace (7).
4. Learn to Focus Your Mind (8).
 - a. Focus on what you know to be true.
 - b. Focus on honest things.
 - c. Focus on that which is righteous.
 - d. Focus on that which is pure.
 - e. Focus on that which is beautiful.
 - f. Focus on things that are of good report.
 - g. Focus on virtuous things.
 - h. Focus on things that cause you to praise God.
5. Learn to Follow Good Examples (9-13).
 - a. Paul lived what he preached when he and Silas chose to praise God after being beaten (Acts 16).
 - b. Paul wrote this letter about joy while imprisoned!
 - c. Paul learned how to honor God with his abundance and honor God when in poverty (12).
 - d. Paul learned that he could do all things through Christ (13).
6. Learn to Share What God Has Given You (14-19).
 - a. The Philippians were very poor, but they were the only church that supported Paul in prison (14-18).
 - b. Those who focus on helping others during difficulty are the ones who discover that God supplies (19)!