

Study of of Philippians 4

by Marc Gravelle

marc@bondservantsofyeshua.ca

Philippians 4:1-23

I Therefore my brethren, dearly beloved and longed for, my joy and crown, so stand fast in Adonai, my dearly beloved.

Here in this *verse*, Paul is speaking of and to the Philippians and he calls them ***dearly beloved***, he also calls them his ***joy*** and his ***crown***. What Paul, who ***IS*** a totally devoted and committed Torah teacher, is saying, ***IS***, that he is joyful in the ***FACT*** that the Philippians have willingly chosen to follow his teaching and instructions, in other words, Paul rejoices because they have chosen to willingly obey the Father's inerrant and everlasting teaching and instructions, His Torah of Life, and, because the Philippians are indeed being obedient students of the Torah of Moses, Paul compliments them and tells them that they, those who have willingly and lovingly chosen to follow the Father's inerrant and everlasting teaching and instructions, ***ARE*** his crowning achievement, his students in the Word of the Father, and that he, Paul uses their dedication to obeying the Father's Torah ***AS AN EXAMPLE FOR ALL OTHER*** would be believers, so that they too, can follow in his footsteps as he Paul followed in Messiah's footsteps.

Now we come to the most important words that Paul has to say to these Philippians. Paul says to them, ***STAND FAST IN MESSIAH***. What do you think it means to ***STAND FAST IN MESSIAH?*** To answer that question we have to know ***WHO MESSIAH IS*** in order that we can see what these Philippians are ***STANDING FAST IN***.

In *John 1:1* we read *In the beginning was the Word, and the Word was with Elohim, and the Word was Elohim*. In *John 1:14* it says, *And the Word was MADE FLESH, and (the Words of the Torah that were made flesh) dwelt among us, and we, (that would be Paul, his followers and you and I) beheld (and are still beholding) His glory, the glory as of the only begotten of the Father,) full of GRACE Chen, and TRUTH, Emet*.

Based on the evidence provided by *John*, we must conclude that Messiah ***IS*** the Word of our heavenly Father made flesh, and that He is filled with ***the GRACE and TRUTH of our heavenly Father***. What do you think John means, when he says, that Messiah is filled with ***GRACE*** and ***TRUTH?*** In *Psalm 119:160* it says *Your WORD is TRUE from the beginning: and every one of Your righteous judgments endures for ever*. And in *John 17:17* Messiah is speaking to our heavenly Father, and He says: *Sanctify them through Your TRUTH, Father: for Your WORD IS TRUTH*.

In these *verses* we are told that Messiah ***WHO IS THE WORD of Elohim*** made flesh, ***IS THE FATHER'S TRUTH***.

Now lets read what it says in *Psalm 119:142* *Your righteousness is an everlasting righteousness, and Your TORAH (Law) IS THE TRUTH*.

Based on this information, which tells us that the Torah **IS** also called **THE TRUTH of our Heavenly Father**, we **MUST** conclude that since Messiah **IS** the Word of Elohim made flesh and the Word of Elohim **IS TRUTH**, **THEN** that means that Messiah **IS THE LIVING TORAH, THE LIVING TRUTH OF OUR HEAVENLY FATHER MADE FLESH**, therefore, when Paul says to the Philippians and to us, that both we. and the Philippians, **ARE TO STAND FAST IN MESSIAH, WHAT** we absolutely have to understand, **IS**, that Paul **IS ACTUALLY TELLING ALL OF US, IS TO STAND FAST IN THE WORDS OF THE WORDS OF THE TORAH OF OUR HEAVENLY FATHER, WHICH YAHWEH GAVE TO MOSHEH AT MOUNT SIYNAY.**

Now that we have established that all believers **ARE TO STAND FAST IN THE LIVING TORAH** of our heavenly Father, let us investigate what Paul means when he says that he is beseeching *Euodias*, and *Syntyche* to be of **THE SAME MIND AS MESSIAH**. Well since we have established that Messiah **IS THE WORDS OF THE LIVING TORAH** of our heavenly Father made flesh, **THEN**, that means that we are **to STAND FAST IN THE TORAH** (the Word of Elohim, His Torah made flesh). **THEREFORE** we have to conclude that **THE MIND OF MESSIAH, IS A MIND THAT IS FIRMLY SET ON BELIEVING, KEEPING, FOLLOWING, AND OBEYING, ALL THE WORDS OF THE TORAH OF MOSHEH**, since according to Scripture, Messiah **IS THE TORAH OF OUR HEAVENLY FATHER MADE FLESH**.

Verse 2 *I beseech Euodias, and beseech Syntyche, that they be of THE SAME MIND IN ADONAI.*

Next Paul entreats the Philippians to be **TRUE YOKEFELLOWS** with him in helping the women that laboured or worked in spreading the Gospel, the women that were instrumental in spreading the Father's **TRUTH**, the Words of His Torah of Life.

Verse 3 And I entreat you also, TRUE YOKEFELLOW, help those women who laboured with me in the Gospel, (the TRUTH, the Torah of Mosheh) with Clement also, and with other of my fellow labourers, whose names are in THE BOOK OF LIFE.

What we have to understand is that when Paul teaches the Gospel to people, He is actually teaching the Father's eternal **TRUTH**, the Words of His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, as we discovered in *Psalms 119:142*, where it says that the Torah of **YHVH IS TRUTH**. Furthermore, to be a **YOKEFELLOW** means to do exactly what the leader that you are **YOKED TO, IS DOING**, and since Paul was fully surrendered to our heavenly Father and wholly committed to spreading the Father's **TRUTH, His GOSPEL, His TORAH of Life**, it means that the Philippians, who are Paul's **YOKEFELLOWS, are doing the very same thing**, since, being yoked together, means doing the identical thing to the person or leader that you are yoked to.

Then Paul goes even further, and he says: these women along with other workers have their names written in **THE BOOK OF LIFE**. Please, don't misunderstand this as predestination **BECAUSE THAT IS NOT WHAT THIS IS**. Our heavenly Father, based on His omniscience knows that these people will continue in their dedication to live by and teach the Gospel, His **TRUTH**, the Words of His Torah of Life, for the remainder of their lives here on earth, and

because of His *foreknowledge* our heavenly Father can say that their names **ARE WRITTEN IN THE BOOK OF LIFE.**

Verse 4 Rejoice in Adonai always:

Unlike some Holy books of other religions that teach to kill your enemy, or take revenge against any and all infidels, and or teach to hate all people that do not practice their form of religion, we are told to *Rejoice always. 5 Let your moderation be known unto all men. Adonai is at hand.* To have our **Master Adonai at hand** means that He is omnipresent and that He watches over **ALL** of our actions, and furthermore, He knows men's hearts, which means that we cannot hide any of our intentions from Him.

We have to understand, that Because of His great love for us, Yahweh admonishes us in *verse 6 Be anxious for nothing;*

Just like Sadrak, Mishak and Abednego were **NOT ANXIOUS, NOR WORRIED WHEN** they were faced with being thrown into the furnace of fire, or just like Daniel, who also **WAS NOT ANXIOUS NOR WORRIED WHEN** he was about to be thrown in the den of Lions, and maybe eaten alive, **WE, ARE** to have the have the very same mindset, the same **BELIEF**, the **BELIEF** that these dedicated men had, the same **BELIEF** system that tells us that our Elohim **IS ABLE TO SAVE US** from each and every situation and or circumstance we find ourselves in, **IF IT SERVES HIS PLAN OF REDEMPTION ONTO SALVATION PURPOSES.** We have to understand that **IF** we are truly surrendered to Him, **THEN OUR GREATEST GOAL, IS TO SERVE HIS PURPOSES, AND, IF** that **PURPOSE** means that we have to die physically, **THEN SO BE IT! AMEIN.**

My friends, Scripture has made it very clear, that we **ARE** to follow our Messiah's example, and willingly choose to be obedient to **ALL** the Words of the Father's Torah of Life, even **ONTO DEATH**, therefore, as our Motto, let us daily repeat Messiah's words that He uttered in the garden of Gethsemane, *Matthew 26:42 Messiah went away again the second time, and prayed, saying, O My Father, IF THIS CUP MAY NOT PASS AWAY FROM ME, EXCEPT I DRINK IT, YOUR WILL BE DONE.*

That my friends **IS TO BE EVERY BELIEVER'S MOTTO, HEAVENLY FATHER, I AM YOUR SERVANT, MAY YOUR WILL BE DONE IN EVERY ASPECT OF MY LIFE.**
Amein

But in every thing BY PRAYER and SUPPLICATION with THANKSGIVING let your REQUESTS be made known unto Elohim. 7 And THE PEACE OF ELOHIM, which passes ALL UNDERSTANDING, SHALL KEEP (guard) your hearts and minds through Messiah Yeshua, (through the Words of the Living Torah of our heavenly Father made flesh).

Verses 6 & 7 have some very encouraging words; Paul tells us that when we bring our **PRAYERS AND SUPPLICATIONS** to Elohim with **THANKSGIVING** on our hearts, for everything that He has done for us, that our heavenly Father **HEARS US**, and that His Peace, the Peace of Elohim which we are told, passes **ALL** understanding, **WILL** guard our hearts, through Messiah Yeshua. It is very important that we understand what Paul is telling us here,

for this means, that if we have **NOT** internalized the Words of the Torah of Mosheh, it means, that we have not internalized Messiah, and that in turn means that our prayers and supplications will **NOT** be heard by Yahweh and we will **NOT** experience His Peace, the Peace that we are told passes all understanding, since it is only through Messiah that we can experience the Peace of Elohim that passes all understanding.

The word Peace is the Hebrew word Shalom, שָׁלוֹם, and it means much more than the absence of war, the word shalom, שָׁלוֹם, means to be complete and at peace in every aspect of our lives, **to be at peace** in all of our relationships, including our relationship with our heavenly Father, **be at peace** in our physical, spiritual and emotional health, **be at peace** in every area of our lives. This type of **peace** can only be achieved, **WHEN we have willingly and lovingly chosen to surrender our hearts, minds, souls and strength, our whole lives to our heavenly Father in total loving surrendered OBEDIENCE to ALL the Words of His inerrant and everlasting teaching and instructions**, and **WHEN** we learn to believe what Yahweh and the Scriptures tell us, **for IT IS in believing, keeping and doing the Father's Truth, the Words of His Torah of Life, THAT WE ARE SET FREE.**

*1John 5:14-15 And this **IS THE CONFIDENCE** that we have in Elohim, that, **IF** we ask any thing according to Elohim's will, He hears us: And **IF WE KNOW THAT HE HEARS US, THEN, whatsoever we ask, WE KNOW THAT WE HAVE THE PETITIONS THAT WE DESIRED OF HIM.***

Paul continues, and tells us, that all of this happens through Yeshua our Messiah. Yeshua **IS** our heavenly Father's **TRUTH MADE FLESH, YESHUA IS THE LIVING TORAH**, therefore what Paul is actually telling us **IS, THAT THE PEACE OF ELOHIM, WHICH PASSES ABSOLUTELY ALL UNDERSTANDING IS ALSO THE PEACE THAT GUARDS OUR HEARTS THROUGH HIS MAGNIFICENT TORAH MADE FLESH, OUR MESSIAH.** That is one of the many reasons **WHY WE ARE TO LEARN TO BELIEVE, FOLLOW, OBEY, KEEP, GUARD AND DO ALL THE WORDS OF THE TORAH THAT YAHWEH GAVE TO MOSHEH AT MOUNT SIYNAI.**

Next Paul admonishes the Philippians and us, to meditate **ON WHAT IS GOOD, WHAT IS TOV.** What Paul is actually telling us, **IS** to meditate on the Torah that Yahweh gave to Mosheh at Mount Siynay, the Words of our heavenly Father's inerrant and everlasting teaching and instructions, the Words of His Torah of Life. *1Timothy 1:8 But we know that the Torah (Law) **IS GOOD, (Tov), IF a man uses it lawfully.***

The Hebrew word Tov, means *functioning in the manner that Yahweh created all of us to function*, and that of course means, functioning in total loving surrendered obedience to **ALL** the Words of His inerrant and everlasting teaching and instructions, the Words of His Torah, His Directives for everlasting Life.

To help you understand what Paul wants us to meditate on, I have copied *Psalm 19* and placed the words of that Psalm adjacent to the words of *Philippians 4:8* to show you what Paul had in mind when he penned the words of *verse 8*:

Verse 8 Finally, brethren,

Psalm 19

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| 1 – Whatsoever things are true | 1 – The judgments of Yahweh are true and righteous altogether |
| 2 – Whatsoever things are honest | 2 – The statutes of Yahweh are right , rejoicing the heart: |
| 3 – Whatsoever things are just | 3 – The Torah (Law) of Yahweh is perfect , converting the soul |
| 4 – Whatsoever things are pure | 4 – The commandment of Yahweh is pure , enlightening the eyes |
| 5 – Whatsoever things are lovely | 5 – The testimony of Yahweh is sure , making wise the simple |
| 6 – Whatsoever is of good report | 6 – The fear of Yahweh is clean , enduring for ever |
| 7 – If there be any virtue | 7 – More to be desired than gold, yea, than much fine gold |
| 8 – If there be any praise , | 8 – Sweeter also than honey and the honeycomb |
| 9 – Think on these things. | 9 – Moreover by them is your servant warned, and in keeping of them there is great reward |

After reading these comparisons, I hope that it helps you understand what Paul, who emphatically stated, that He believed, followed and obeyed **ALL** that was **WRITTEN** in the Torah of Mosheh and in the Books of the Prophets, wants, **IS FOR US TO THINK AND OR MEDITATE** on the **TRUTH**, the Words of Torah of Mosheh, which Scripture tells us **IS TRUE, IT IS HONEST, IT IS JUST, IT IS PURE, IT IS LOVELY, IT IS OF GOOD REPORT, IT IS FILLED WITH VIRTUE, AND WE ARE TO PRAISE YAHWEH BECAUSE OF IT.**

Verse 9 Those things, which you have both **learned, and received, and heard, and seen IN ME, DO:** and the Elohim of peace **SHALL be with you.**

What **THINGS** have we, and the Philippians **learned, received, heard and seen Paul DO, THAT WE, ARE TO COPY?**

Let's begin with Acts 24:14 where Paul says: *But this I confess unto you all, that after the Way which they (the Pharisees) call heresy, so I worship the Elohim of my fathers, **BELIEVING ALL THINGS WHICH ARE WRITTEN IN THE TORAH OF MOSHEH, AND IN THE BOOK OF THE PROPHETS.***

As you can see, Paul has made **IT VERY CLEAR** that **what we have learned, and received, and heard, AND SEEN HIM DO, IS THAT HE WILLINGLY AND LOVINGLY CHOSE TO BELIEVE, FOLLOW, OBEY AND DO, WHAT IS WRITTEN IN THE TORAH OF MOSHEH, AND IN THE BOOK OF THE PROPHETS, whom Yahweh Himself sent, to cause Yisrael to return to and obey the Words of His Torah of Life, which Yisrael had abandoned so many times in the past.**

If you carefully study Paul's words and **NOT THE FALSE MAN MADE DOCTRINES**, of all man made religions, that **THEY falsely attribute to Paul**, you will see for yourselves that throughout **ALL** of His letters, Paul admonishes us to willingly and lovingly **surrender our hearts, minds, souls and strength** to our heavenly Father and then, **LEARN TO BELIEVE, FOLLOW, AND OBEY** what is written in the Words of His inerrant and everlasting teaching and instructions, the Words of His Torah of Life, in the very same manner that Messiah and

Paul, along with **ALL** the Prophets and Apostles **KEPT** and **TAUGHT** us to **KEEP** and **GUARD ALL** the Words of the Torah of Mosheh.

*Verse 10 But I rejoiced in Adonai greatly, that now, at the last, your care of me has flourished again; wherein you were also careful, **BUT** you lacked opportunity.*

Here we see that Paul **IS VERY PLEASED** that the Philippians understood his message and had willing hearts to give, and therefore, because of their obedient surrendered hearts, they supplied some of Paul's needs. Paul **IS NOT BOASTING ABOUT THE GIFT OR GIFTS** that he received from the Philippians; Paul **IS BOASTING OF THEIR WILLING HEARTS**, their willingness to give. He is boasting of their unselfishness and their desire to freely give of what little they had, to support Paul and his important work of spreading the Gospel, our heavenly Father's **ETERNAL TRUTH**, the Words of His Torah of Life. In his heart, Paul knows that the only reason that these Philippians have willing hearts, **IS BECAUSE**, they have chosen to willingly and lovingly surrender their will to the Holy Spirit of our heavenly Father, and the Father's Holy Spirit **IS TASKED WITH CAUSING EVERY LOVING SURRENDERED CONTRITE OBEDIENT HEART THAT WILL ALLOW HIM, TO KEEP, GUARD AND OBEY, ALL** the Words of the Torah that Yahweh gave to Mosheh at Mount Siynay, (Ezekiel 36:26-27) and the Torah of Mosheh can only be **followed, kept and obeyed** in the manner that Yahweh has ordained, **BY TRUE BELIEVERS** that have willingly and lovingly surrendered their hearts **TO HIM, and CHOSEN TO BELIEVE AND OBEY** the Living Torah made flesh, our Messiah.

*Verse 11 Not that I speak in respect of want: for I Paul have learned, in whatsoever state I am, therewith **to be content**. 12 I know both **how to be abased**, and I know **how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need**.*

Paul is telling us, that whatever situation that he has found himself in, whether in want or in plenty, he praised our heavenly Father, **BECAUSE** Paul knew and understood that **IT IS our heavenly Father** that provides **ALL** of our needs, **IT IS** Yahweh who is our Saviour, protector and life sustaining provider.

*Verse 13 **I CAN DO ALL THINGS THROUGH MESSIAH WHO STRENGTHENS ME.***

Please take a moment and contemplate the magnitude of this statement. Can you understand the depth of the meaning of this statement, **AND HOW IT CAN, AND DOES AFFECT ALL HUMAN BEINGS, ALL THOSE WHO BELIEVE IN YAHWEH AND HIS WAYS, HIS TORAH OF LIFE, JUST AS IT WILL ALSO AFFECT THOSE THAT DO NOT BELIEVE?**

Scripture poses us a question, it asks, **IS** there anything impossible for Elohim? And the answer of Course **IS A RESOUNDING NO, THERE ISN'T**. Scripture also affirms that the Father and the Son **ARE ONE**; therefore, according to these words, we have to conclude that Messiah, the Words of the Living Torah made flesh, **AND** our Father in heaven **ARE ONE, THEY ARE ECHAD**.

We are also told that Messiah **IS** the Word of Elohim *made flesh*, and that the Word of Elohim **IS, HIS TORAH OF LIFE**. Therefore according to Paul's words, **IF** we choose to fully surrender our lives in total loving surrendered obedience to the Words of the Torah that Yahweh gave to Mosheh at Mount Siynay, who happens to be, **THE WORD OF OUR HEAVENLY FATHER MADE FLESH, WE CAN DO ALL THINGS**, because, as surrendered beings, to the Word or Torah of Yahweh, **IT IS** His Living Word, that **DOES ALL THINGS THROUGH US**.

Acts 2:22 You men of Yisrael, hear these words; Yeshua of Nazareth, a man approved of Elohim among you by miracles and wonders and signs, WHICH ELOHIM DID BY HIM in the midst of you, as you yourselves also know.

The reason that Messiah could **DO ALL THINGS IS BECAUSE HE WILLINGLY CHOSE TO FULLY SURRENDER HIS WILL, TO THE WILL OF OUR HEAVENLY FATHER**. Messiah willingly and lovingly became a vessel in the hands of our heavenly Father, and that is **BECAUSE of His surrendered obedient heart**, and, **the same thing will happen to ALL people, who willingly surrender their wills to our heavenly Father**, He will use **ALL** of His vessels (You and Me) to accomplish His plan of redemption onto salvation, **THUS ALLOWING US, TO DO ALL THINGS THROUGH HIM**.

Verse 14 Notwithstanding, you have done well, that you did communicate with my affliction.

Here Paul tells these Philippians that they have done well because of their willing hearts to give of what they had to help Paul in his time of need. We have to understand that Paul **IS NOT PRAISING THE GIFTS HE RECEIVED; HE IS PRAISING THE GIVER OF THE GIFT**.

Verse 15 Now you Philippians know also, that in the beginning of the Gospel, when I departed from Macedonia, no church communicated with me as concerning giving and receiving, BUT YOU ONLY.

Here Paul shows his disappointment in the people of other areas, saying that they have **NOT** received **NOR** understood the message of Elohim, **BECAUSE THEIR HEARTS WERE NOT YET READY TO GIVE** as the Philippians' hearts were ready to give freely for the work of the Gospel.

Verse 16 For even in Thessalonica you sent once and again unto my necessity. 17 Not because I desire a gift: BUT I DESIRE FRUIT THAT MAY ABOUND TO YOUR ACCOUNT.

Here Paul again reiterates that he is pleased with the fact that the Philippians have willing hearts to give. Again I have to say that Paul is praising **THE WILLING HEART** and **NOT THE GIFT** that the willing heart is providing.

Verse 18 But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from YOU, an odour of a sweet smell, a sacrifice acceptable, well pleasing to Elohim.

Here again Paul compliments the Philippians for their willing hearts and tells them that Elohim is well pleased with their giving hearts.

Although Paul is very pleased with the gifts that he received from the Philippians, he is much more jubilant about their willing hearts to give, and that is because, Paul understands, that as long as he is obedient in doing the Work of Yahweh, as Yahweh has commanded Him to do, **THEN** Paul knows that Yahweh **WILL** provide whatever he needs to accomplish his task, in the same manner that He will supply **ALL** that these Philippians need to complete the tasks that He has given them.

*Verse 19 But my Elohim **SHALL SUPPLY ALL YOUR NEEDS** according to His riches in glory by Messiah Yeshua.*

Verse 20 Now unto Elohim and our Father be glory for ever and ever. Amen.

As you can see, **IT IS** Paul's heart felt desire, his mission in life, to have **ALL** people, learn to praise and worship our heavenly Father, and by his words, Paul is telling **ALL** of us to copy him, Paul wants **ALL** people to praise, worship and glorify our heavenly Father.

Verse 21 Salute every saint in Messiah Yeshua.

Salute or acknowledge everyone that has willingly and lovingly chosen to believe, follow and obey the Words of our heavenly Father's inerrant and everlasting teaching and instructions, the Words of His Torah of Life made flesh;

Paul goes on to say: *The brethren who are with me greet you. 22 All the saints salute you, chiefly they that are of Caesar's household.*

Why are all the brethren and all the saints saluting the Philippians? They are saluting the Philippians because of their surrendered loving obedience to the Words of our heavenly Father's inerrant and everlasting teaching and instructions, the Words of His Torah of Life, and their giving hearts.

Finally, Paul bids the Philippians farewell, *verse 23 The **GRACE** of our Adonai Yeshua Messiah be with you all. Amen. To the Philippians written from Rome, by Epaphroditus. Amein*

Studying and keeping Torah together as a community.

Have a great Elohim blessed week and may Yahweh bless your every thought, and your every deed. Until we meet again, שְׁלוֹם עֲלֵיכֶם, Shalom Aleykem. Amein