



Philippians 2:19-30 (NIV)

I hope in the Lord Jesus to send Timothy to you soon, THAT I ALSO MAY BE CHEERED when I receive news about you. ²⁰ I have no one else like him, who will show genuine concern for your welfare. ²¹ For everyone looks out for their own interests, not those of Jesus Christ. ²² But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. ²³ I hope, therefore, to send him as soon as I see how things go with me. ²⁴ And I am confident in the Lord that I myself will come soon. ²⁵ But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. ²⁶ For he longs for all of you and is distressed because you heard he was ill. ²⁷ Indeed he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. ²⁸ Therefore I am all the more eager to send him, so that when you see him again YOU MAY BE GLAD and I MAY HAVE LESS ANXIETY. ²⁹ So then, welcome him in the Lord with great joy, and honor people like him, ³⁰ because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me.

Summary of the Text

- Paul is sending two supporters back to the Philippian Church

Timothy: *I have no one else like him ... (v. 20)*

Epaphroditus: *Welcome him ...HONOR people like him (v. 29)*

- I'm sending (these men)...
 So that I may be CHEERED (v. 19)
 So that you may be GLAD (v. 28)
 So that I may have less ANXIETY (v. 28b)

Workout Routines for a Happy Heart

I. MOVE _____.

I have no one else like him, who will show genuine concern for your welfare. ²¹ For everyone looks out for their own interests...

Philippians 2:20-21 (NIV)

All the others seem to be wrapped up in their own affairs...

Philippians 2:21 (Phillips)

2. STAND UP _____.

Those who can't be trusted are on the road to ruin.

Proverbs 13:15b (TEV)

Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel.

Philippians 2:22 (NIV)

But you know what kind of person Timothy proved to be.

Philippians 2:22 (GW)

HOW DO I DEVELOP A REPUTATION OF TRUST?

- _____
Reliable friends who do what they say are like cool drinks in sweltering heat – refreshing!
Proverbs 25:13 (Msg)
- OPPOSITE: Putting confidence in an unreliable person is like chewing with a sore tooth, or trying to run on a broken foot.*
Proverbs 25:19 (LB)
- _____
They always do what they promise, no matter how much it may cost.
Psalm 15:4b (TEV)

3. LEARN HOW _____.

HOW DO I DO THAT?

- _____
I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs.
Philippians 2:25 (NIV)
- Jesus: You're blessed when you can show people how to cooperate instead of compete or fight.*
Matthew 5:9 (Msg)
- _____
I feel that I must send Epaphroditus...back to you...²⁶ He has been longing to see all of you and is troubled because you heard that he was sick.
Philippians 2:25-26 (GW)
- You must get along with each other. You must learn to be considerate of one another, cultivating a life in common.*
I Corinthians 1:10 (Msg)