

April 15, 2026

“The Book of Life”

Philippians 4:1–3

Pastor Gary Hamrick



Is your name written in the Book of Life? The Book of Life is mentioned eight times in the New Testament (once in Philippians and seven times in Revelation). The Bible teaches that this book contains the names of those who will spend eternity in heaven with Jesus. If your name is not in the book, you will be denied access to heaven. So how can you be sure your name is written in the Book of Life? We discuss the answer in this study about the first verses of Philippians 4.

1. Context

a. The theme

i. Paul mentions “joy” 14 times in Philippians.

1. Proportionally, Philippians has more to say about joy than any other book in the Bible.

b. Reasons to rejoice

i. Paul gave Believers seven reasons to rejoice.

1. God will finish what He started concerning us (**Philippians 1:6**).
2. God will use our “chains” for His divine purposes (**Philippians 1:13**).
3. To live is Christ, to die is gain (**Philippians 1:21**).
4. Unity comes through humility; humility comes from following the example of Jesus (**Philippians 2:2–5**).
5. Our witness impacts our world (**Philippians 2:14–16**).
6. Nothing in life compares to knowing Christ (**Philippians 3:7–11**).
7. Run the race and finish well (**Philippians 3:12–16**).

2. **Philippians 4:1–3** – “[1] Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved. [2] I implore Euodia and I implore Syntyche to be of the same mind in the Lord. [3] And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.”

3. **Philippians 4:1** – “Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.”

a. Paul’s tenderness for the Believers at Philippi

i. Paul called the Philippians “my beloved,” “longed-for brethren,” and “my joy and crown.”

- ii. **DISCUSS:** How does Paul show his love for his fellow Believers throughout the book of Philippians? How does God call us to show love to our family in Christ (**Proverbs 27:5; Hebrews 10:24–25**)?
- b. The call to stand fast
 - i. God calls us to hold fast to Him.
 - 1. The phrase “*stand fast*” comes from the Greek **stēkō**, meaning “to be persistent, consistent, and immovable.”
 - ii. Paul likely gave this exhortation because of the enemies of the Gospel that the Philippian Believers had to face.
 - 1. **Philippians 1:27–28a** – “[27] *Only let your conduct be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of your affairs, that you stand fast in one spirit, with one mind striving together for the faith of the gospel, [28] and not in any way terrified by your adversaries.*”
 - 2. **DISCUSS:** How do we become immovable in our walk with the Lord despite the way the world treats those who follow God?
 - iii. Remember that if unbelievers reject Christ, they will also reject us.
 - 1. Because of your faith, some people will tolerate you, and some will oppose you.
 - 2. **John 15:18–21** – “[18] *If the world hates you, you know that it hated Me before it hated you. [19] If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you. [20] Remember the word that I said to you, ‘A servant is not greater than his master.’ If they persecuted Me, they will also persecute you. If they kept My word, they will keep yours also. [21] But all these things they will do to you for My name's sake, because they do not know Him who sent Me.*”
 - 3. The godless dislike the godly because darkness does not like to be confronted by the light.
 - iv. We must be bold and stand fast in the Lord anyway.
 - 1. **1 Corinthians 16:13** – “*Watch, stand fast in the faith, be brave, be strong.*”
 - 2. **Matthew 5:16** – “*Let your light so shine before men, that they may see your good works and glorify your Father in heaven.*”
 - 3. **DISCUSS:** How do you keep John 15 in mind when you face persecution?
- 4. **Philippians 4:2–3** – “[2] *I implore Euodia and I implore Syntyche to be of the same mind in the Lord. [3] And I urge you also, true companion, help these women who*

labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life."

- a. Paul's plea
 - i. Paul called out two women by name.
 1. Paul even asked his friend, or "*true companion*," to help resolve the conflict between Euodia and Syntyche.
 - ii. But Paul was not doubting these women's salvation.
 1. Paul commended these two women for helping him share the Gospel.
 2. Paul put these women in the same category as other "*fellow workers*" for Christ.
 3. These women's love for and walk with Christ was so evident that Paul could confidently say their names were in the Book of Life.
 4. Good Christians can still have disagreements among themselves.
 5. **DISCUSS:** How can we find unity with other Believers, remembering that we are both children of God?
- b. The Book of Life
 - i. Revelation is the only other book in the New Testament that mentions the Book of Life.
 1. **Revelation 20:12** – "*I saw the dead, small and great, standing before God, and books were opened. And another book was opened, which is the Book of Life. And the dead were judged according to their works, by the things which were written in the books.*"
 2. God has a book recording all our works.
 3. God also has a book that belongs to Jesus, the Lamb, in which the names of the saved are written down.
 4. **Revelation 21:27** – "*There shall by no means enter it anything that defiles, or causes an abomination or a lie, but only those who are written in the Lamb's Book of Life.*"
 - ii. "*The Lamb*" is Jesus' most used title in Revelation.
 1. Jesus is called the "*Lamb*" 28 times in Revelation.
 2. Jesus highlighted His mission as the sacrificial Lamb of God.
 - iii. **Revelation 3:4–6** – "*[4] You have a few names even in Sardis who have not defiled their garments; and they shall walk with Me in white, for they are worthy. [5] He who overcomes shall be clothed in white garments, and I will not blot out his name from the Book of Life; but I will confess his name before My Father and before His angels. [6] He who has an ear, let him hear what the Spirit says to the churches.*"

1. In red-letter editions, **Revelation 2-3** is in red because Jesus dictated these letters to John.
 2. Jesus rebuked the church at Sardis.
 3. But there was hope for this church, because Jesus commended His remnant there who were walking worthy.
 4. **DISCUSS:** What does it mean to walk worthy of the calling of God on your life (**Colossians 1:9-12**)?
- iv. The Book of Life records the names of those who will live forever in heaven.
1. All have their names written in the Book of Life initially.
 - a. **Revelation 13:8** – *“All who dwell on the earth will worship him, whose names have not been written in the Book of Life of the Lamb slain from the foundation of the world.”*
 2. The names of those who reject Jesus are blotted out.
 - a. **Psalm 69:17-18, 27-28** – *“[17] And do not hide Your face from Your servant, for I am in trouble; hear me speedily. [18] Draw near to my soul, and redeem it; deliver me because of my enemies. . . . [27] Add iniquity to their iniquity, and let them not come into Your righteousness. [28] Let them be blotted out of the book of the living, and not be written with the righteous.”*
 3. This explains how God can offer gracious provision for those too young or mentally disabled to respond to Christ.
 - a. God judged David for his affair with Bathsheba by causing his child from that union to fall ill.
 - b. For as long as the child was alive, David prayed and fasted for the child to be healed.
 - c. But when the child died, David washed his face and ate.
 - d. **2 Samuel 12:23** – When David’s servants questioned him, he said of his dead child, *“now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me.”*
- c. Another reason to rejoice
- i. I can rejoice knowing that my name is written in the Lamb’s Book of Life (**Philippians 4:3**).
 1. Whether you believe that your name is written in Jesus’ book once you’re saved or is not removed from it because you’re saved, you need your name in the Book of Life to enter heaven.
 2. **Acts 16:31a** – *“Believe on the Lord Jesus Christ, and you will be saved.”*

3. **DISCUSS:** How do you know your name is written in the Lamb's Book of Life? How does understanding that your name is in the Book of Life comfort you?
- ii. The only way to go to heaven is to:
 1. Be invited.
 - a. The good news is that we are all invited.
 - b. **John 3:16** – *“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”*
 - c. **DISCUSS:** How are you sharing God's gracious invitation with the lost?
 2. Trust Christ as Lord and Savior.
 - a. We must accept the invitation by trusting in Christ.
 - b. The ones who trust in Christ have their names written in the Book of Life.
 - c. Do not let pride stop you from trusting in Christ.

* Unless noted, all Scriptures quoted are from the New King James (NKJV)