**Timothy and Epaphroditus as Examples**

Paul shifts from theological exhortation to personal example by commending two trusted companions, Timothy and Epaphroditus, as living models of the Christlike humility and service he has just described.

First, he speaks of Timothy, his "true son in the faith" (1 Tim. 1:2), a young disciple from Lystra. Timothy has a Jewish mother and grandmother (2 Tim. 1:5) and a Greek father. Paul praises Timothy for his genuine concern for the Philippians, stating that, unlike others, Timothy seeks not his own interests but those of Christ. Paul plans to send Timothy to them soon, likely once his fate in prison becomes clearer so that Timothy can report back on their well-being, bringing Paul comfort and joy.

This act underscores how dear the Philippian church is to Paul's heart. In a way reminiscent of how God sent His Son out of love (John 3:16), Paul is preparing to send Timothy, his spiritual son, on a mission he might have preferred to undertake himself. Among many companions, only Timothy has proven himself to share Paul's values and character, allowing him to represent Paul in Philippi fully.

Meanwhile, Paul feels it urgent to send back Epaphroditus, the Philippians' messenger and Paul's fellow labourer and brother in the gospel. Epaphroditus had brought gifts to Paul, laboured with him, and nearly died in the process. After recovering, he became deeply distressed, not over his illness but because news of his condition had reached Philippi and might cause them to worry. Paul intends to send Epaphroditus home immediately after realising his emotional weight so that he and the Philippians can rejoice together.

Paul provides the Philippians with concrete and accessible models of leading a Christlike life by presenting these two individuals. Timothy and Epaphroditus, like Jesus, are models of unselfish service, humility, and love. Their stories reinforce Paul's earlier appeal to live in unity, value others above oneself, and serve faithfully for the sake of the gospel.