

HIS STRENGTH

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Review the following verses, and check them off after quoting them correctly from memory.

1 John 5:11-12	John 16:24
1 Corinthians 10:13	1 John 1:9
Proverbs 3:5 - 6	Matthew 6:33

Memorize Philippians 4:13

His Strength

I can do everything through him who gives me strength.

Philippians 4:13

Occasionally you may experience failure and discouragement. But the Scriptures remind us of the Christian's true source of strength. Paul recorded God's promise this way: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9).

Centuries ago, God told his people, "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10). This promise is just as sure for us today.

In all the trials and challenges you face, God's presence can sustain you.

We see this promise of God's strength throughout Scripture, as in Proverbs 18:10 "The name of the Lord is a strong tower; the righteous run to it and are safe."

As you memorize Philippians 4:13, boldly claim the Lord's strength for every challenge and opportunity in your daily life, and watch him work.

EXPLORING PHILIPPIANS 4:13

List some things you face which you cannot do apart from Christ's strength.

According to this verse, how should you approach these things?

"I CAN DO EVERYTHING"

1. Read: 1 Corinthians 1:26-31. Why does God often choose "ordinary" people to accomplish great things for Him?

2. According to John 15:5, what can we accomplish apart from Christ?

What prerequisite for bearing fruit is mentioned in John 15:5?

3. What additional requirement for bearing fruit is listed in John 15:7?

4. Read: 2 Corinthians 12:9. Should we ever allow a weakness or an inability to cause lasting discouragement?

Why not?

5. What did Paul thank God for in 2 Corinthians 2:14?

6. What three gifts from God are listed in 2 Timothy 1:7?

"THROUGH HIM WHO GIVES ME STRENGTH"

7. How did Moses describe the Lord in Exodus 15:2?

8. Read Nehemiah 8:10. According to Nehemiah, what is our source of strength?

9. How did David describe the Lord in Psalm 18:1?

From Psalm 18:2 list the reasons why David thought of God as a source of strength.

10. According to Romans 5:8, what did Christ do for us when we were still sinners?

11. Read: Ephesians 3:16-19. How does God strengthen us?

What is the result of this strengthening process?

12. Read 2 Timothy 4:16-18. Why did the Lord strengthen Paul?

What confidence did Paul gain as a result of this experience?

WRITE OUT PHILIPPIANS 4:13 FROM MEMORY

APPLYING PHILIPPIANS 4:13

List one activity, project, or task in the next week in which you will need to consciously claim the promise of Philippians 4:13, and actively rely upon Christ's strength.

