



Part 4: Strength

Many of us have been told that we can do anything that we put our mind to. Many of us have found out that life doesn't always work that way. We've been disappointed or wondered what's wrong with us. This week we dive into maybe the most powerful claim in the entire book of Philippians: I can do all things through him who give me strength.

Scripture: Philippians 4:4-13

Bottom Line: The secret to unlimited contentment is accepting our limitations and relying on Christ's limitless power.

Discussion Questions

1. If someone offered to tell you the secret to being content, no matter what was going on in your life, what would your first reaction be? Skeptical? Hopeful? What kind of criteria would help you decide if that information was credible or useful?
2. Read Philippians 4:4-13. Paul starts by telling people to rejoice. That's hard to do when things aren't going well. How do you think the context of that verse helps us to understand how we can rejoice even in hard times? When he says that 'the Lord is near' what do you think Paul wants his audience to take away from that? How does that phrase impact you?
3. What does Paul say about how we should pray and what does he say about the effects of prayer? Do you have habits or disciplines around prayer? What do they look like? Do you think that prayer helps us to attain the kind of peace that Paul is talking about? Why or why not? In what ways does this passage change your mind about how we should pray?
4. Verses 8-9 talk about how Paul is teaching people to think. What makes his advice hard for us to follow? Talk about some times when your thought patterns were negative or focused on things that weren't constructive. How did those thoughts affect you? How can focusing our thoughts in the way described here make a positive impact on our everyday lives?
5. The most famous verse in this letter is 4:13. Based on the context of the verses leading up to it, what do you think this verse is trying to tell us?

Moving Forward

What is one habit that you can initiate or reengage to help focus your attitude, prayer life or thought patterns? Are there concrete steps you can take to implement that habit? As a group, brainstorm ways that you can encourage and hold one another accountable.