
7 HIS STRENGTH

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

- 1 John 5:11-12
- 1 Corinthians 10:13
- John 16:24
- 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?

1 Corinthians 1:26-31 For consider your calling, brethren, that there were not many wise according to the flesh, not many mighty, not many noble; 27 but God has chosen the foolish things of the world to shame the wise, and God has chosen the weak things of the world to shame the things which are strong, 28 and the base things of the world and the despised God has chosen, the things that are not, so that He may nullify the things that are, 29 so that no man may boast before God. 30 But by His doing you are in Christ Jesus, who became to us wisdom from God, and righteousness and sanctification, and redemption, 31 so that, just as it is written, "LET HIM WHO BOASTS, BOAST IN THE LORD."

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

John 15:5 "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.

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

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

John 15:7 "If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

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

2 Corinthians 12:9 And He has said to me, "My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me.

Why not?

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

2 Corinthians 2:14 But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.

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

2 Timothy 1:7 For God has not given us a spirit of timidity, but of power and love and discipline.

"THROUGH HIM WHO GIVES ME STRENGTH"

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

Exodus 15:2 "The Lord is my strength and song, And He has become my salvation; This is my God, and I will praise Him; My father's God, and I will extol Him.

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

Nehemiah 8:10 Then he said to them, "Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the Lord is your strength."

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

Psalms 18:1 For the choir director. A Psalm of David the servant of the Lord, who spoke to the Lord the words of this song in the day that the Lord delivered him from the hand of all his enemies and from the hand of Saul. And he said, "I love You, O Lord, my strength."

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

Psalms 18:2 The Lord is my rock and my fortress and my deliverer, My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.

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

Romans 5:8 But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

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

Ephesians 3:16-19 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

What is the result of this strengthening process?

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

2 Timothy 4:16-18 At my first defense no one supported me, but all deserted me; may it not be counted against them. 17 But the Lord stood with me and strengthened me, so that through me the proclamation might be fully accomplished, and that all the Gentiles might hear; and I was rescued out of the lion's mouth. 18 The Lord will rescue me from every evil deed, and will bring me safely to His heavenly kingdom; to Him be the glory forever and ever. Amen.

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.