

# 3

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## God's Strength

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### **Memorization Verse: *Philippians 4:13***

**"I can do all things through Christ who gives me strength."**

It goes without saying that you will experience failure and discouragement in your new life in Christ. However, Scripture reminds us of the Christian's true source of strength. The Apostle Paul recorded God's promise this way: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Cor. 12:9).

Many 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 hand" (Is. 41:10). In our day where Scripture has been relegated as insufficient and irrelevant, God's promise is firmly established and stands sure (Ps. 119:89). In all the trials and difficulties you face, God's presence will sustain you.

We see God's promise of strength throughout Scripture, for example in Proverbs 18:10: "The name of the Lord is a strong tower; the righteous run to it and are safe". Psalm 28:7 states, "The Lord is my strength and my shield; my heart trusts in Him..." He says in Deuteronomy 32:4, "He is the Rock, His work is perfect: for all His ways are judgment: a God of truth and with iniquity, just and right is He".

Consider memorizing and retaining Philippians 4:13 and meditate on the Lord's strength for every challenge and opportunity in your daily walk with Christ – and watch Him "work in you both to will and to do His good pleasure" (Phil. 2:13)!

### **EXPLORING PHILIPPIANS 4:13**

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

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

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**“I CAN DO EVERYTHING”**

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

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

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

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

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

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Why not?

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

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

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**“THROUGH HIM WHO GIVES ME STRENGTH”**

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

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

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

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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?

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

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12. How does Philippians 4:7 describe the result of applying Philippians 4:4 and 4:6?

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What is the result of this strengthening process?

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

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

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**List some activities, projects or tasks in the upcoming weeks in which you will need to consciously rely on the promise of Philippians 4:13 and trusting in Christ’s strength.**

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