

## Lesson 6

# I CAN DO ALL THINGS THROUGH CHRIST

I can do all things through Christ who strengthens me  
(Philippians 4:13).

Can we really do everything? Most of us believe we can do “some” things through Christ—but not all. Obviously, this verse is not a license to do anything in the area of our own will.

"All things" refers to the will of God for the believer. So how was the apostle Paul able to make this statement? Let's look at what Paul said right before writing Philippians 4:13.

1. Write Philippians 4:11.

When Paul wrote this letter, he was in prison for his faith—and he was “content.” Are you able to be content under challenging circumstances? Paul's secret was drawing on Christ's power for strength. God delivered Paul from dependence on things.

If you always want more, ask God to remove that desire and teach you how to be satisfied in every circumstance. He will supply all your needs, but in a way that He knows best.

2. Write Philippians 4:12.

Paul was content because he focused on what he was supposed to do, not what he felt he should have. His priorities were straight, and he was grateful for everything. Paul had detached himself from the nonessentials so that he could concentrate on the eternal.

Often the desire for more or better possessions is a longing to fill an empty place in a person's life. When you feel empty, what are you drawn to?

How can you find true contentment? The answer lies in your perspective, your priorities, and looking to Jesus as your source of power. Look to God's faithfulness.

3. Write Philippians 4:13.

The first verb for strength in verse 13 is the word “do.” It means to overcome. Paul does not say, “I can overcome all things.” That would be an empty boast. His strength was outside the inner resources of himself. The second verb “strengthens,” means to surcharge with energy. This word carries the idea of being “infused with strength.”

The name “Christ” does not appear in the older manuscripts. In the original text, “through Christ” reads “through Him.” This suggests that this strength to overcome originates from multiple sources. The Father, Jesus the Son of God, and the Holy Spirit all give strength.

4. God the Father gives strength. Ephesians 1:17-19 supports this statement. Read this passage and write what verse 19 means to you.

The world fears the power of the atom, yet we belong to the God of the universe, who not only created that atomic power but also raised Jesus Christ from the dead. God's incomparably great power is available to help you. There is nothing too difficult for Him.

5. Jesus gives us strength. Write 2 Peter 1:2-3.

6. The Holy Spirit gives us strength. Write Acts 1:8.

The "power" believers receive from the Holy Spirit includes courage, boldness, confidence, insight, ability, and authority. If you believe in Jesus Christ as your Savior, you can experience this power of the Holy Spirit in your life to be a witness to others.

God's gospel has not reached its final destination. If someone in your family, workplace, school, or community hasn't heard the good news about Jesus Christ, you can contribute to the ever-widening circle of God's loving message.

God has work for you to do for Him, but you must do it by the power of the Holy Spirit. Wait and listen for God's complete instructions and timing to be truly effective.

7. The Word of God gives us strength. Write Hebrews 4:12.

8. Prayer gives us strength. Write Acts 4:31.

God imparted all this strength to Paul because he was "in Christ." The literal rendering means is "in the one that strengthens me." Not only was Paul independent from material things but he did all things through and in Christ who infused strength into his life.

Are you experiencing God's infused-strength? If not, acknowledge the Lord's strength. Allow the Lord to meet your needs, and don't depend upon your own strength. Be content being "in Christ."

9. Write Matthew 6:13.