

Strength

Philippians 4

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Paul say is the secret of being content, and where does his strength come from?

2. What does it show me about people — and about myself?

In what situation do you most feel your own strength running out?

3. What will I obey this week? (a concrete step, with a day)

What will you pray about instead of worry this week?

4. Who will I tell?

Who is weary and needs to hear where real strength comes from?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, thank you that your strength holds me in any circumstance. Help me bring my worries to you and rest in your peace.



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